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A Metro reporter spent a week consuming nothing but Soylent. Use Metro AR to see what others thought PAGE 18

HE DOESN'T ALWAYS WEAR SWIMWEAR ...

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Calgary rental reality: Life on the 'Funky Bus' runs $700 a month

Rental squeeze.
Industry executive calls arrangement 'curious'

BRYAN WEISMILLER
bryan.weismiller@metronews.ca

Calgary's razor-thin rental market has forced many folks to find alternative accommodations — but few as "funky" as the four-decade-old RV parked behind Kym Tymeson's house.

After spending the past winter inside the Chevy motorhome themselves, Tymeson and her fiancé and 13-year-old son found a house to rent in Martindale and put their four-wheeled digs on the market to subsidize their rent.

The so-called "funky bus" was listed in April for $700 per month. The couple was immediately swamped by dozens of applicants who ran the gamut from a health-care worker and her daughter to an older-aged entrepreneur to a pair of German travellers.

"There's just so many people looking," Tymeson said.

Industry reports peg Calgary's rental vacancy rate around one per cent, although Mayor Naheed Nenshi has suggested the actual figure is closer to zero in the wake of last year's historic floods.

Martindale resident Kym Tymeson stands in front of the 1973 Chevrolet Aquarius motorhome that she's currently renting out of her backyard. BRYAN WEISMILLER/METRO

Amenities

The motorhome is billed as "recently renovated" with new paint and cupboard handles. Amenities include:

- A bathroom, toilet and shower (sans water service)
- Wardrobe complete with custom pop art à la Roy Lichtenstein
- Air conditioning unit, heating (propane and electric), oven and three-burner stove
- Flatscreen TV (and HDMI input)

Quoted

"When you're on a tight budget, you can't be too choosy about your living environment."
Aeryn Morgan, a **23-year-old scaffolder**, who is renting the RV

Aeryn Morgan has felt the rental squeeze.

Tired of bouncing around single-room rentals, Morgan jumped at the chance to rent out the Tymesons' motorhome.

"It's too damn expensive with the damage deposits and all of that," he said. "I have a dog as well, so it makes it a lot more complicated."

The 23-year-old scaffolder describes the motorhome as "cosy" and didn't seem to mind the retro decor: orange curtains, faux wood panelling and all.

"It's hard to find anywhere you're free," he said.

And while it may be a free-wheeling space, RV owner Tymeson marvelled at how divided people were over the monthly charge.

"It was still too crazy expensive for some people and just such a good bargain to others."

Gerry Baxter, executive director of the Calgary Residential Rental Association, called it a "curious" arrangement given the mobile home is conditionally parked and that a one-month damage deposit was required.

"I haven't heard of anybody doing this before," Baxter said.

Baxter noted the landlords would have to comply with the fire code, housing and health standards and "everything a normal landlord would do in his (or her) business."

In that sense, he drew a comparison to money-motivated owners of secondary suites.

"What they fail to realize is that they're in a business," he said.

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Calgary's $295-million airport tunnel set to open

Motor vehicles only.
Tunnel includes no pedestrian or cycle infrastructure

ROBSON FLETCHER
robson.fletcher@metronews.ca

Six years of political wrangling plus $295 million equals 620 metres of six-lane roadway beneath a major international airport's runway.

That's the basic math behind Calgary's airport tunnel, which is set to open this weekend, on time and on budget.

For Coun. Jim Stevenson, who was a rookie alderman in 2007 when debate over the controversial project began, the tunnel's completion has been a long time coming.

"It was six or eight weeks after I got elected that the fight started," he said. "It's been a long six years but it's a pretty exciting thing to see the structure the way it is now."

For years, the project was dismissed by opponents as a "tunnel to nowhere" but was ultimately approved by the narrowest of margins, an 8-7 vote, as one of the first acts of the new city council elected in 2010. Stevenson said the need for the tunnel will become apparent as the population of northeast Calgary booms.

"It'll be 10 or 15 years before we really understand how important it is to have this built," the Ward 3 councillor said.

With the new airport runway set to open in June, transportation general manager Mac Logan said the city only had "one shot" to build the tunnel.

About 15,000 vehicles a day are expected to use the tunnel when it opens, Logan said, growing to 30,000 by 2020, provided the route is connected further east to Metis Trail.

The city and airport authority are still in talks over when that will happen.

Logan said the tunnel will cost about $1 million a year to run. This includes operating and maintenance costs and the premiums on the $1-billion insurance policy the city must carry on it.

Tunnel vision

- The tunnel lights are brighter at the entrance and get dimmer as you drive through, a design element meant to give your eyes a chance to acclimatize.
- The tunnel includes a ventilation system, fire detection and suppression.
- A C-Train line could later be built through the centre of the tunnel, while still maintaining three lanes of traffic in each direction by converting the shoulder to a lane.
- Locals are invited to walk through the tunnel from 11 a.m. to 2 p.m. on Saturday. The tunnel is set to open to traffic at 5 a.m on Sunday.

Coun. Jim Stevenson, left, and city transportation general manager Mac Logan check out the interior of the airport tunnel. At top right, a view of beyond the ventilation fans at the west gate of the tunnel, where a plane comes in for a landing at the Calgary International Airport. At bottom right, the power stations at each end of the airport tunnel supply enough electricity to keep the tunnel's operational elements running if one fails. ROBSON FLETCHER/METRO

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Building structurally sound after bricks fall: City officials

On the books. A new building maintenance bylaw is in the works, according to the city

KATIE TURNER
calgary@metronews.ca

Investigators are working to determine what caused brick veneer to fall from a downtown Calgary building Tuesday but say the structure itself is sound.

Bricks were continuing to fall from the east side of 608 7th St. S.W. on Wednesday morning, but Wayne Brown, acting chief building official, said the site was secured by the Calgary Fire Department overnight.

"At this point in time, we continue to see slight failure to the brick veneer on the east wall and we are taking precautions," said Brown.

Emergency crews were first alerted to the problem Tuesday morning when a 911 caller reported seeing bricks fall from the six-storey building.

Roads on 6th Avenue between 6th and 7th Street S.W. were closed to traffic, and fire crews went to work stabilizing the east wall of the building.

Brown said the wall is bowing out a minimum of 300 millimetres.

"We're continuing to see some failure in that wall," he said.

As it stands, Brown said the onus falls on the building owners to properly maintain their structures but added the city is working with the Building Owners and Managers Association (BOMA) on a new bylaw.

"Unless the owners show that due diligence and undertake maintenance on these existing buildings, then we can see situations like this arise," he said. "We are working towards a maintenance bylaw to address these types of situations."

BOMA Calgary President Bill Partridge suggested the city should have a database of information, such as when a building was last inspected and if renovations have happened.

"The maintenance bylaw, is it going to stop anything? No, it's going to provide the city with recourse when and if something does go wrong," said Partridge.

"I think it's much more important that building owners … as part of their building management system have a regular cycle of building inspections."

The Calgary Fire Department remained on scene at 7th Street S.W. on Wednesday afternoon after additional bricks fell from the building. KATIE TURNER/FOR METRO

In numbers

$100,000

Acting chief building official Wayne Brown said the building owner has been very co-operative and brought in a structural engineer but could still face fines of up to $100,000 under the Alberta Safety Codes Act.

Saskatchewan

Widow sues over deadly mid-air plane collision

The widow of a man killed in a mid-air collision over central Saskatchewan has filed a multimillion-dollar civil lawsuit against the estates of the pilots of the two planes, who also died.

In her statement of claim, Bobby Joe Donovan of Blaikie, Alta., alleges the May 12, 2012, crash that killed her husband and young son was caused by the negligence of the pilots.

Her lawsuit alleges that the pilots flew in planes that were in unsafe mechanical condition and had faulty warning systems.

It also claims both pilots failed to maintain a proper lookout for other aircraft.

Statements of claim contain allegations that have not been proven in court.

The people who died in the crash included her husband Eric Donovan and their 11-year-old son, Wade, both from Mossleigh, Alta., as well as Donovan's friend, pilot Denny Loree of Nanton, Alta.

A Transportation Safety Board report into the crash involving a Piper PA 28 Arrow and a Lake 200 Buccaneer said each pilot had filed a visual flight rules flight plan.

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This piece, titled The Field Manual: a Compendium of Local Influence, was created by the collective Light and Soul below a bridge in Calgary's East Village area and commissioned as a piece of public art for a 24-month period. CONTRIBUTED/METRO FILE

Public art doesn't need to be permanent art, supporters say

Fleeting moments. Temporary exhibits can be more exciting, offer more varied experiences

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary's recent discussion over its public art policy should also expand to include "more creative" approaches to temporary displays rather than focusing so heavily on permanent installations, say local art supporters.

"There certainly are more creative ways than going and commissioning a single piece and putting all your eggs in one basket," said Richard White, a former chair of the Calgary Public Art Board and member of numerous public art selection juries in the city.

Under the existing "one per cent for public art" policy, those juries have typically settled on large and relatively expensive outdoor pieces capable of withstanding the elements and the test of time.

White said other cities in North America have been employing a more varied approach to public art, opting to install some pieces for a fixed term instead of buying them outright.

"They're putting the piece up for two years or three years, renting it from the artist, and then it can either go back to the artist or in some cases they actually have a sale price on it," he said. "It's like an outdoor art gallery."

Coun. Druh Farrell said permanent public art helps define a city but temporary "experiential" pieces sometimes have a greater impact.

"The fleeting nature of it creates a lot of excitement and it brings people together," she said.

Farrell highlighted, in particular, the 2010 River of Light, which saw hundreds of glowing orbs floated down the Bow River.

"It was an extraordinary experience," she said. "People still bring it up to me."

Limited time

"The fleeting nature of it creates a lot of excitement and it brings people together."

Coun. Druh Farrell on how temporary, "experiential" pieces can have a greater impact than permanent public art

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Beakerhead graffitis downtown underpasses ... with permission

Four artists crept into the city's downtown core during the wee hours of Wednesday morning to graffiti two of Calgary's underpasses, all with the city's permission.

Between midnight and 4 a.m., two 27-foot murals were spray-chalked onto the 4th Street S.W. underpass, and a second set of 12-foot murals were put onto the walls of the 14th Street S.W. underpass.

The initiative to add a little art came from Beakerhead — an annual Calgary event that combines art and engineering.

"We want people to experience art in various forms," said Beakerhead's Michelle Htun-Kay, who added they've been working with the city on this idea since the new year.

The installations use environmentally friendly eco-chalk, which can be washed off with water.

Mayor Naheed Nenshi stopped by Wednesday to see the artwork up close.

"I love these sort of grassroots initiatives," he said. "This is easy and cheap and creative and fun. This is the sort of thing we should be encouraging everywhere in the city."

While the city gave the thumbs-up for the project to remain up until September, the murals are scheduled to be removed June 2, unless a rainy day washes them away sooner.

KATIE TURNER/FOR METRO

Mayor Naheed Nenshi poses with artist Michael Mateyko, who created the artwork that popped up under the 4th Street underpass to promote Beakerhead. KATIE TURNER/FOR METRO

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Bassano. City's diversion tunnel would put pressure on downstream dam

The proposed underground diversion from the Glenmore Reservoir to the Bow River would come with a financial cost for the city and for communities downstream, officials said Wednesday, one that some are already beginning to bear.

Following a near catastrophe at the Bassano Dam during last June's flood, the province and Eastern Irrigation District (EID) are planning an estimated $40-million upgrade to the facility, with the province paying up to $30 million.

That project must take into account a projected 10 per cent increase in flow that would result from upstream flood-mitigation projects like the diversion tunnel and additional dikes in Calgary and High River, said EID general manager Earl Wilson.

Had the flow been 10 per cent higher last June, Wilson said it would have washed out an emergency fuse plug in the Bassano Dam, "which would have left the city of Brooks, quite a few municipalities, and a whole large area without water for a year."

The underground diversion is one of three major infrastructure projects proposed to protect Calgary, but so far the province hasn't said exactly how much it would cost.

A detailed report is expected in June and, without citing specific numbers, Environment Minister Robin Campbell said the project would require a significant financial contribution from Calgary.

"The city will have to make the decision whether they think it's feasible to move ahead," he said Wednesday.

The two other projects — a dry dam and an off-stream reservoir on the Elbow River west of the city — would be enough to protect Calgary from the river flows of June 2013, Campbell added.

ROBSON FLETCHER/METRO

Cryin' goslings. Fire crew saves gaggle of nestlings from lofty perch

Residents of an Edmonton seniors home notified fire crews Wednesday morning about a goose's nest on the roof that they said was set for hatchlings that day. Crews went on standby and by 5:30 p.m. were deployed to collect the goslings.

"We brought our ladder truck that does have a platform on it and extended it up," said fire captain Greg Holubowich. "The firefighters went up and put the five goslings in a box and brought them to ground level."

Holubowich said crews usually receive between two to three calls each year about goose nests.

"It's part of being a community," said Holubowich. "It's great to be able to provide this type of service, in a joyful happy atmosphere instead of a catastrophic atmosphere."

This is the second time the pair have had a successful batch of goslings, he said.

LEAH GERMAIN/METRO

Edmonton firefighters did their good deed Wednesday, rescuing a quintet of goslings lodged in a nest atop a seniors home. LEAH GERMAIN/METRO

New CEO. Calgary Homeless Foundation finds replacement boss

The Calgary Homeless Foundation has a new boss who comes with more than 25 years of experience.

As of May 26, Diana Krecsy will take on the role of CEO and president of the foundation, which is leading Calgary's 10-year Plan to End Homelessness.

Krecsy was formerly the CEO of the Heart and Stroke Foundation of Alberta, Northwest Territories and Nunavut.

"Diana is a solutions-focused leader who can motivate partners around a collective vision," said Alan Norris, chair of the CHF Board in a statement.

"Her drive to foster healthy and productive communities makes her an excellent fit to advance Calgary's 10-year Plan to End Homelessness."

METRO

Lethbridge

Mom makes first court appearance in abduction case

An Alberta woman accused of abducting her own children has made her first court appearance.

Last week, police issued an amber alert in British Columbia and Alberta, saying they had concerns about the well-being of two girls who went with their mom, who police say did not have legal guardianship.

Trina Meisel, 48, appeared by closed circuit television in provincial court in Lethbridge on Wednesday.

Her case has been set over to May 26 for a bail hearing.

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Prentice makes PC leadership bid official

Provincial race. MLA Ric McIver only other declared candidate

RYAN TUMILTY
ryan.tumilty@metronews.ca

Jim Prentice METRO

Former federal cabinet minister Jim Prentice officially kicked off his campaign to be the next provincial Progressive Conservative leader Wednesday morning.

Prentice detailed his personal history and said he was running because he believed in the future of the province.

"As a life-long conservative, as a believer in the vast potential of our province, I am proud to launch my campaign for the leadership of the Progressive Conservative Party of Alberta," he said to a room full of supporters.

After a spring littered with scandals, Prentice promised he would be different and that there would be no more "sweetheart" contracts for political staff.

"Fiscal prudence is the foundation of good government. It will be the cornerstone of my government," he said.

He promised no sales tax, no operational deficits and that the province would save for the future, but he said his government would continue to build what the province needs as it deals with explosive growth.

"In the Alberta that I lead, our children will not be housed in makeshift schools," he said.

Prentice promised a more transparent government, to make the province an environmental leader and to ensure Albertans have the best quality of life in the country.

Prentice mentioned he had paid his way through university working in a coal mine in the Crowsnest Pass and said he looked forward to the work ahead.

"I wasn't afraid of it then," he said. "I know there's a little more rock-breaking to be done and I'm not afraid of it now."

Come one, come all. Public invited to party for end of library reno

One could say ... you should book the date.

The Calgary Public Library will be holding a post-renovation celebration at the Fish Creek Library after lengthy repairs.

Construction on the $6-million project focused on the building's signature pyramid roof and a general updating and brightening of the 28-year-old library's main accessible spaces.

The public is invited to join in the family-focused event May 24 from 11 a.m. to 3 p.m. Refreshments and entertainment will be provided.

Despite the ongoing work at the site, the Fish Creek Library remained open for the duration of the one-year project, having only three days of complete service closure in that span. METRO

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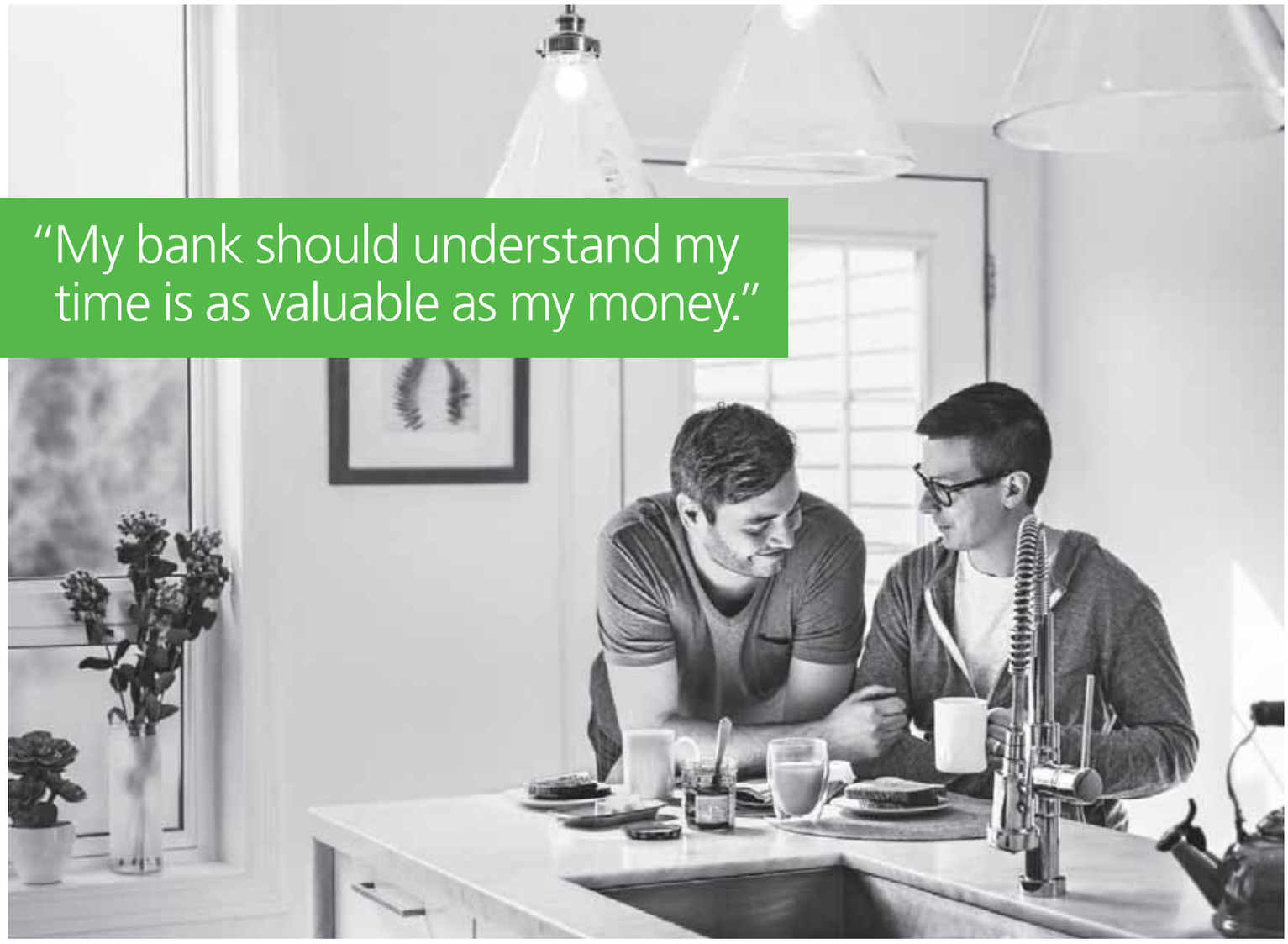

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Flood recovery to cost billions in Serbia, Bosnia

Bosnian residents from a nearby village film floods in the village of Domaljevac near the Bosnian town of Orasje along the river Sava, 200 kilometres north of Sarajevo, on Wednesday. Floodwaters have receded in Bosnia and Serbia, just enough to reveal the next shock: Recovery from the historic flood will probably cost billions of euros that neither country has. Although there's no official total for flood damages, the Raiffeisen Investment Group said in a note to investors that preliminary estimates are nearly $1.8 billion US for Bosnia alone. In neighbouring Serbia, Prime Minister Aleksandar Vucic has said damages could range up to $2 billion. The record flooding has led to at least 44 deaths: 22 in Bosnia, 20 in Serbia and two in Croatia. Bosnia has one of the lowest gross domestic products in Europe and an unemployment rate of up to 44 per cent. AMEL EMRIC/THE ASSOCIATED PRESS

Residents report extremist group attacked villages

48 more dead. After car bombings that killed 118 in Jos, Boko Haram reportedly target Nigerian villages

Boko Haram assaulted three villages in northern Nigeria, killing 48 people, residents said Wednesday, hours after twin bombings claimed at least 118 lives in this central city in an attack the government blamed on the Islamic extremists.

One of the villages attacked between Tuesday night and early Wednesday is near the town of Chibok, where more than 300 schoolgirls were kidnapped last month by Boko Haram, according to residents and a state intelligence agent who spoke on condition of anonymity.

A victim of Tuesday's car bomb explosions receives treatment in Jos University Teaching Hospital in Jos, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS

During the latest attack on three northeastern villages, terrified residents said they hid in the bush and watched while Boko Haram fighters set their thatched-roof homes ablaze.

"We saw our village go up in flames as we hid in the bush waiting for the dawn. We lost everything," Apagu Maidaga of the village of Alagarno told The Associated Press. The nearby villages of Bulakurbe and Shawa also were attacked.

In Jos, at least 118 people were killed in Tuesday's bombings, and 64 were hospitalized.

Most victims were women and children who worked as vendors, said Mohammed Abdulsalam of the National Emergency Management Agency. "We expect to find more bodies in the rubble," he said.

THE ASSOCIATED PRESS

Criminal allegations. Woman claims she was kidnapped 10 years ago and forced into marriage

A woman who was 15 when she disappeared from her California home a decade ago has contacted police and told them she was kidnapped by a man who sexually assaulted her, forced her into marriage and fathered a child with her, authorities said Wednesday.

Police have arrested Isidro Garcia, 41, on suspicion of kidnapping for rape, lewd acts with a minor and false imprisonment, according to a statement from the Santa Ana Police Department.

In 2004, when the victim was 15 and had recently arrived in the United States without legal documentation, Garcia was dating her mother and lived with the family, authorities said. The mother suspected that he was sexually abusing her daughter, police said.

In 2004, Garcia assaulted the mother, drugged the girl and then fled with her to a house in Compton, locking her in a garage, the statement said.

Garcia repeatedly told the victim that her family had stopped searching for her and that they would be deported if she tried to leave, the statement alleges. In 2007, Garcia got false identification papers for her from Mexico so he could marry her, Santa Ana Police Cpl. Anthony Bertagna said. In 2012, he had a child with her.

Garcia secured two jobs for them on a night-cleaning crew so he could keep watch over her, authorities said. Bertagna said she tried to escape twice but was severely beaten.

The 25-year-old woman, whose identity is not being released, contacted authorities Monday. Police said she came forward after finding her sister on Facebook. She has been reunited with her mother.

THE ASSOCIATED PRESS

Similar case

The arrest comes a year after kidnapping and rape victims Amanda Berry, Gina DeJesus and Michelle Knight, three women who'd gone missing separately about a decade earlier, were rescued in Cleveland.

Nigeria

U.S. deploys 80 to help with search for kidnapped girls

The United States has deployed 80 military personnel to Chad to help locate the nearly 300 girls kidnapped in Nigeria last month, President Barack Obama said Wednesday.

Obama said the service members will help with intelligence, surveillance and reconnaissance aircraft for missions over northern Nigeria. He says the force will stay in Chad until it is no longer necessary.

THE ASSOCIATED PRESS

France

High winds kill two people

High winds whipping across France have killed two people and, in an unusual measure, pushed the city of Paris into closing all parks and cemeteries.

Three dozen regions in France went on alert Wednesday. Officials said winds could reach 100 kilometres per hour in Paris and elsewhere, prompting a closure of cemeteries and parks in the city. THE ASSOCIATED PRESS

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East Ukraine

A quiet majority grows frustrated

Rotting garbage is piling up in the hallways of the government office building seized by separatists in eastern Ukraine. Telephones ripped from the walls are piled atop broken furniture and mounds of old files. The stench of sweat and stale cigarettes is everywhere. The guards, slouching men with pistols shoved in their pockets or flapping loosely in holsters, look increasingly bored.

It's been six weeks since they took over the building, a week since they declared independence from Ukraine. But the authority of the alleged nation barely extends beyond their 10-storey office tower and a few heavily armed checkpoints on roads leading into this industrial city 80 kilometres from the Russian border.

In the streets of Donetsk, the separatist leaders and their followers are increasingly derided as a collection of heavily armed, barely employed misfits.

Outside of the rebels' headquarters, it can be difficult to find anyone who agrees with their calls to secede from Ukraine and link this part of the country — with its generations of ethnic and linguistic ties to Russia — to Moscow. Signs of frustration abound.

THE ASSOCIATED PRESS

Ukraine sees tension letup as Russia pulls back

Elections. Good news, bad news: Russia claims to be pulling back its troops, but vote at risk in the east

Days before Ukraine's presidential elections, the interim government Wednesday relished what felt like a letup in tensions.

President Vladimir Putin insisted Russian troops have begun moving away from Ukraine's borders, and the nation's wealthiest and arguably most influential businessman made an impassioned appeal for a cessation to unrest in the east.

And yet, armed pro-Russian insurgents in turbulent eastern regions of Ukraine continued to roam with impunity and do their utmost to derail Sunday's decisive vote.

Speaking to reporters at a security summit in Shanghai, Putin said Moscow's decision to de-escalate its military presence near Ukraine was motivated by a desire to see the election proceed smoothly.

NATO said that it didn't yet see any signs of a withdrawal.

Putin insisted troop changes could be seen on satellite.

THE ASSOCIATED PRESS

A Ukrainian soldier shares a cigarette, near Slovyansk. THE ASSOCIATED PRESS

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Telecom. Federal privacy law challenged for being unconstitutional

The Canadian Civil Liberties Association is challenging the constitutionality of a federal privacy law that allows private companies to disclose personal information to the government without a warrant.

The challenge comes amid revelations that telecommunications service providers have been disclosing private customer information to government agencies on a broad scale.

In its application to the Ontario Superior Court, the association says law enforcement may have a need for some personal information, but the current law is too broad and should be struck down.

The association says the consequences of allowing government to access and share personal information without a person's knowledge or consent can be very serious and violate fundamental constitutional rights.

The court filing also said the law allows government agencies to share information with foreign governments in some cases.

THE CANADIAN PRESS

Wainwright, Alta.

Soldier killed in training exercise

A senior military commander from Ontario was killed Wednesday morning during a training exercise on a northern Alberta military base.

Lt.-Col. Dan Bobbitt, commanding officer of the 2nd Regiment, Royal Canadian Horse Artillery based in Garrison Petawawa, Ont., died when a light armoured vehicle rolled over during a training mission for Exercise Maple Resolve 2014 at Canadian Forces Base Wainwright. THE CANADIAN PRESS

Canada pledges $36M to aid nine African nations

A mother comforts her severely malnourished and dehydrated child at a hospital in Wajir, Kenya. CHRIS JACKSON/GETTY IMAGES

Seven-year plan. Money will help pay for research into the primary health-care needs of mothers, newborns and children

A week before an international conference on maternal and child health care opens in Toronto, the Harper government is rolling out announcements on what it sees as its signature issue on the world stage.

In Geneva, Health Minister Rona Ambrose pledged $36 million over seven years to help improve the lives of women and children in sub-Saharan Africa.

Hours later in Calgary, Deepak Obhrai, the parliamentary secretary to Foreign Affairs Minister John Baird, unveiled another program to help mothers and children in South Sudan.

Ambrose was at the World Health Assembly in Geneva when she pledged the money to help pay for research in nine countries into the primary health-care needs of mothers, newborns and children. The countries are Ethiopia, Ghana, Tanzania, Mozambique, Mali, Senegal, South Sudan, Malawi and Nigeria.

Obhrai said Canada will put up $19.9 million over six years to staff and equip four mobile primary health-care clinics and provide other services to 350,000 people in more than 600 remote communities in Warrap state, South Sudan.

Canada will also help train 1,500 community health volunteers, deliver 116,000 anti-malarial bed nets and build 170 safe drinking water points.

The announcements come ahead of the May 28 to 30 conference in Toronto, which is aimed at helping to shape future action on maternal and child health problems.

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Scan the photo below with your Metro News app to see a photo gallery of the latest leg of the royal couple's tour.

Charles feeds Hudson the polar bear

Prince Charles feeds a polar bear at the Assiniboine Park Zoo in Winnipeg on Wednesday. There was a look of mock trepidation on the prince's face as he came close to the bear, who was on the other side of a chain-link fence. Charles and his wife Camilla are on a four-day tour of Canada. The prince used tongs to offer some fish to two-year-old Hudson, who gobbled up the treat. Charles remarked on the size of Hudson's paws, and a zoo-keeper explained how polar bears are able to pull prey from the water with one swipe.

PAUL CHIASSON/THE CANADIAN PRESS

Uproar over heir's remark

Charles on Putin. Prince's remark comes just ahead of Ukraine's presidential elections on Sunday

The seemingly off-the-cuff comment reportedly made by Prince Charles in Halifax comparing Russian President Vladimir Putin's actions in Ukraine to the territory-seizing of Adolf Hitler has stirred debate in the United Kingdom about the role of the monarchy.

Labour Party MP Mike Gapes weighed in with a tweet that suggested the Prince of Wales should have kept his comments to himself.

"In constitutional monarchy, policy and diplomacy should be conducted by parliament and government. Monarchy should be seen and not heard," he tweeted.

When someone asked him about the prince's right to free speech, he replied on Twitter: "If you are heir to throne or monarch what you say matters. Normal 'free speech' argument not relevant." But Deputy Prime Minister Nick Clegg said the prince was "free to express himself." THE CANADIAN PRESS

Ontario wildlife park

Giraffe calf born through artificial insemination

A wildlife park in southwestern Ontario is celebrating the birth of the first giraffe in Canada through artificial insemination.

African Lion Safari in Cambridge says the calf named Safari was born on Dec. 31, 2013, but they only announced the birth on Tuesday.

The female calf, weighing 132 pounds and standing just under six feet tall, has since been introduced to the herd.

African Lion Safari says this is only the second time in the world that a giraffe has been conceived through artificial insemination.

The calf is a Rothschild giraffe, a subspecies that is classified as endangered. THE CANADIAN PRESS

Rehab.

Rob Ford's Caddy is impounded by OPP

Toronto Mayor Rob Ford's Escalade has been impounded in the Muskoka region after it was pulled over around 2:30 p.m. Tuesday, according to CP24.

The vehicle was pulled over by Bracebridge OPP on Muskoka Road 169 at Butterfly Road. The female driver was reportedly found to be impaired by alcohol.

Ford is known to be in the area while in rehab at the GreeneStone treatment centre. LeeAnne McRobb, 36, of Muskoka Lakes Township, faces charges of impaired driving and driving over .08. She will appear in court June 17.

A representative of Northland Towing and Recovery, in Gravenhurst, confirmed that his towing company received a black Cadillac Escalade and that it is in their impound lot. He said the vehicle will remain there until the OPP chooses to release it.

Newstalk 1010 reported that McRobb is a former patient at GreeneStone. "That's for me to know," she said when asked how she wound up behind the wheel. TORSTAR NEWS SERVICE

Comic books coming true

Michael Fieldson, the civilian project manager for the Tactical Assault Light Operator Suit at MacDill Air Force Base, looks at sketches of the body-armour exoskeleton during the Special Operations Forces Industry Conference in Tampa, Fla. TAMARA LUSH/THE ASSOCIATED PRESS

Iron Man. Pentagon hopes for high-tech armour in field by 2018

In the 2008 movie Iron Man, the main character becomes a superhero after building a suit of armour with an exoskeleton that gives him incredible strength.

Today, elite U.S. special-operations forces may be a few short years away from donning a similar suit, one that can monitor the user's vital signs, give him real-time battlefield information and be bulletproof from head to toe.

The suit might eventually have other features unheard of only a few years ago, including an exoskeleton made of liquid armour, smart fabrics that could help stop hemorrhaging, enhanced sensory capabilities and Google Glass-like visuals.

The Tactical Assault Light Operator Suit (TALOS) project is co-ordinated through the Special Operations Command headquarters at MacDill Air Force Base in Tampa, Fla. Prototypes are expected to be shown to military commanders in June, with hopes that the suit will be given to high-risk units in 2018.

While the project sounds like something out of a science fiction novel, its mission is simple, said James Geurts, the Deputy for Acquisition of the U.S. Special Operations Command at MacDill.

"If there's anything I can do to (develop) field technology, give better protection, better capability, any progress, I think we've done well." THE ASSOCIATED PRESS

Massachusetts

Toking driver cops it to cop, authorities say

A Massachusetts police officer saw a vehicle drive through a stop sign Tuesday evening. When the driver stopped and rolled down the window, police say, the officer was "covered in a plume of smoke."

Sgt. John Delaney says the officer asked: "Are you smoking marijuana while operating this motor vehicle?" The driver allegedly responded: "Why, yes, I am, officer."

The 30-year-old driver was scheduled for arraignment Wednesday on charges of operating under the influence of drugs, failure to obey a stop sign and failure to wear a seat belt. THE ASSOCIATED PRESS

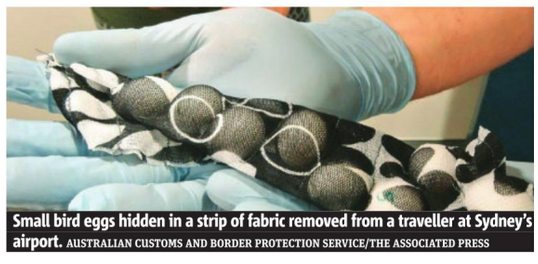
Toronto

Judge says bad neighbours need 'kindergarten'

An Ontario judge has scolded feuding neighbours in a lawsuit centred on the dirty deeds of a dog.

The justice writes that the "high point" of the civil claim made by one set of homeowners against their counterparts across the street was a "poop and scoop" that was apparently dropped by the dog owner in the rival neighbours' garbage can. The judge writes that the couples need "a rather stern kindergarten teacher" and not an appearance in his Superior Court room. THE CANADIAN PRESS

Eggs-cellent adventure ends in Aussie airport



Small bird eggs hidden in a strip of fabric removed from a traveller at Sydney's airport. AUSTRALIAN CUSTOMS AND BORDER PROTECTION SERVICE/THE ASSOCIATED PRESS

Customs officials at Sydney, Australia's airport said Wednesday that they found 16 wild-bird eggs in the crotch of a passenger's pants.

The 39-year-old Czech man arrived Tuesday on a flight from Dubai when customs officials selected him for a baggage examination, Australian Customs and Border Protection Service said in a statement.

"Officers conducted a frisk search of the man and allegedly found 16 small eggs concealed in his groin area," the statement said.

The charge of importing regulated live specimens without a permit carries maximum penalties of 10 years in prison and a fine of $172,000 CDN. THE ASSOCIATED PRESS

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What do other people think? Reporter Jessica Smith Cross takes to the streets to find brave folks willing to give it a taste. Scan the photo below with your Metro News app to watch the video.

Seven days of Soylent

Forgoing solid food. Soylent may be convenient but it's not very appetizing, says reporter Jessica Smith Cross, who spent a week living on the liquid

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Standing at the streetcar stop a few weeks ago, tired and hungry after a long day at work, my arms loaded down with groceries, I longed for Soylent.

I had interviewed Rob Rhinehart, whose company sells Soylent, a beige liquid that he claims has every nutrient, calorie and protein the body needs. It's made from a bag of powder — maltodextrin (simple carbs), rice protein, oat flour and a blend of vitamins and minerals — and a packet of oils that provide fat and omega-3s. It costs about $10 a day. You just mix, carry it around in a water bottle and sip.

He'd promised to send a sample. Though I enjoy eating and cooking, the idea of taking a break (from shopping, cleaning, being too busy to eat and then wanting anything covered in cheese) was appealing.

People worldwide are clamouring for Soylent. His company raised more than $1 million in pre-orders through crowdfunding and more still in venture capital funding.

Rhinehart, who is trained as an electrical engineer, was working at a failing startup in California when, time and money-starved, he decided to "hack" food. He wrote a blog post called "How I stopped eating food" about eating nothing but Soylent for 30 days.

"My energy level had skyrocketed at this point. I felt like a kid again.... I feel like the six million dollar man. My physique has noticeably improved, my skin is clearer, my teeth whiter, my hair thicker and my dandruff gone," he wrote.

He went on to live on Soylent for two more months. Today, he relies on it for 90 per cent of his meals, he said.

It sounded wonderful, so I decided to give it a try. Here is my own account of seven days on Soylent. The rules I set for myself: I couldn't eat anything; I drank Soylent, as well as coffee, lattes and water; I imbibed a few alcoholic drinks and an Italian soda.

Results may not be typical.

Metro reporter Jessica Smith Cross ate nothing but Soylent for seven days. METRO

Jessica's bottled Saturday meal versus her friends' gorgeous spread. Scan the photo with your Metro News app to watch a clip from Soylent Green. METRO

Tuesday

With a friend as fellow guinea pig, I mixed my first batch of Soylent with equal parts trepidation and excitement. The smell was familiar: vanilla, like batter, the taste slightly sweet with chalky notes.

Moments later we received news a mutual friend had died, not unexpectedly. Soylent was forgotten. That evening, friends snacked as we swapped stories of the departed. Later, as they cooked dinner in my kitchen, I thought about how food is a ritual we bond over in joy and grief. When there were breaks in conversation, a friend would ask about Soylent, and everyone would weigh in with a question, thought or joke. It helped.

Wednesday

I felt awful. I began having heartburn and I'd feel discomfort after drinking it. I was finding myself not hungry but missing being full. Instead of a break from food, it was all I was thinking about. Any advertisement, mention or smell of food would upset me. I couldn't stop thinking of the scene in the dystopian sci-fi film Soylent Green (in which their Soylent is made of people) where the character Sol — who hasn't had real food in years — takes great pleasure in eating lettuce. Oh God, I missed lettuce.

Thursday

I was getting bored with the monotony of Soylent, so for breakfast I added espresso powder and ice. For lunch, when I tried to microwave it, my meal got thick and exploded. But thinned down with some hot water and cocoa powder, it made a passable hot chocolate.

The cravings for real food weren't going away. When a co-worker offered me a doughnut, I barked "No" so loudly the whole newsroom stared at me.

Later at a get-together, I tried a Soylent cocktail and made a Bailey's-whiskey mix. Not bad, but after one I'd had enough.

Friday

On Fridays I volunteer at a breakfast drop-in program. I thought it would be difficult to be surrounded by and cooking large quantities of food. Fortunately, it was so busy I didn't have time to think about it.

Saturday

At a friend's cottage, the host put together a beautiful array of food — fruit, nuts, cheese, meat, bread, avocado and hard-boiled eggs. I stared longingly. This was the start of my food-staring phase. When my husband was eating a delicious-looking beet salad that night, I couldn't tear my eyes away. My mouth watered. "Describe it to me," I demanded.

"This is weird," he replied.

Sunday

At dim sum with friends there was more staring at food, more jokes about how crazy it is not to eat. It was funny, but I was sad to miss the experience of sharing and tasting food. I noticed it was getting easier. The trouble digesting Soylent was all but gone. I got used to feeling a food craving, acknowledging it and moving on. I had the energy to go out dancing.

Monday

At the gym, I was happy to find I was in the same shape as the week before. I had the energy for my normal workout. I hadn't lost or gained weight. But then, Soylent isn't that kind of diet. In the last few hours, I made a batch of muffins for the morning and it took all of my will not to eat one.

The final gulp

I never got to the point where, like Rhinehart had described in his blog post, I wouldn't crave food if I smelled it but want Soylent instead. I never felt I had extra energy.

Rhinehart attributes the "six million dollar man" feeling to his switch from an unhealthy diet to a healthy one, so perhaps I had a healthier baseline.

Knowing I'd been eating nothing but Soylent all week, he told me that wasn't Soylent's intended use. Soylent's marketing department had told me the same after I complained on Twitter about finding that hard.

But, everything I read about Soylent, beginning with Rhinehart's own blog, was Soylent could be all the food you need.

It's been heralded in the media as "the end of food" and a product that could change the world as we know it, so I was disappointed to be scolded for trying to live on it for just a week.

"The product wasn't meant for the user to live on it entirely; that wouldn't be very interesting or very fun. But it is possible," Rhinehart said.

He said Soylent is a substitute for "utility" meals: meals you don't have time to enjoy and likely aren't healthy as it's expensive to eat well on the go.

On tap

A future free of food fears?

Rhinehart's company is working to get Soylent to crowdfunders after lengthy delays. They're now shipping to Americans who ordered a three-month supply.

In the long term, Rhinehart said he envisions a world where Soylent is free on tap and no one has to worry about food again.

In line with that vision, he's taken an open-source approach to Soylent: he posted the recipe online and doesn't have any patents. He said there will be some changes to the recipe, as he hopes to source much of the product from algae as it's an environmentally friendly and efficient food.

A clinical trial to determine the health effects of a Soylent diet is underway, said Rhinehart. Most skepticism from nutritionists, dieticians and doctors have come from a lack of testing.

"That's kind of overkill for a food," said Rhinehart. "A lot of people get very concerned about this product, but it's just food, like fish and chips or cereal."

‘Psychological safety.’ Visitors to 9-11 museum get tissues, counselling

There are prominent videos of the twin towers collapsing, photos of people falling from them, portraits of nearly 3,000 victims and voicemail messages from people in hijacked planes.

But behind the wrenching sights and sounds of the National September 11 Memorial and Museum in New York lies a quiet effort to help visitors handle its potentially traumatic impact, from silent spaces and built-in tissue boxes to a layout designed to let people bypass the most intense exhibits.

Discreet oak-leaf symbols denote items connected to the dead, and the images of falling victims are in an alcove marked with a warning sign.

And American Red Cross counselling volunteers stood by as the museum opened to the public Wednesday.

“There’s a lot of thought given to the psychological safety of visitors,” said Jake Barton, who helped create the exhibits.

Quick facts

The new National September 11 Memorial and Museum aims to help visitors handle its potentially traumatic impact.

- The museum’s layout allows people to bypass the most intense exhibits.
- Tissue boxes are built in.

Museum planners realized early on the challenge of trying not to shatter people “while at the same time being true to the authenticity of the event,” said Tom Hennes, founder of exhibit designer Thinc Design.

Trauma specialists told museum leaders that the sound of voices and images of hands and faces could be particularly distressing and that visitors should get to choose what to see.

THE ASSOCIATED PRESS

Markus Kaarma, 29, is followed into Missoula District Court by his girlfriend, Janelle, with their child on Wednesday. MICHAEL GALLACHER/THE ASSOCIATED PRESS

Shooter of student pleads not guilty

Argues he was afraid, protecting property.
German exchange student, 17, slain after entering man’s garage

A man trying to catch the thieves who targeted his house pleaded not guilty Wednesday to deliberately killing a 17-year-old German exchange student who entered his garage, a case that ignited debate about laws allowing people to kill to protect their property.

Markus Kaarma, 29, of Montana, was arraigned in the April 27 death of Diren Dede of Hamburg, Germany.

Deputy Missoula County Attorney Andrew Paul said Kaarma’s neighbours fear him and that the investigation into the deadly shooting turned up a pattern of irrational and aggressive behaviour.

Defence attorneys argued the neighbours’ fears are “not based in logic” but are a result of the public outcry over the case that caused some critics to question a Montana law that allows people to use lethal force to defend themselves or their property.

Prosecutors allege Kaarma and his girlfriend were frustrated over recent burglaries and set up motion sensors and video cameras to try to catch the thieves.

The couple had left their garage door partially open the night of the shooting, and Kaarma blindly fired four shots into the garage after they spotted a trespasser, charging documents said.

Prosecutors say Dede was apparently looking for alcohol when he entered Kaarma’s garage.

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Club shows Hova is a business, man

At the 40/40 Club, ESPN on the screen. Jay Z gets dirt off his shoulder, tries again with club in Atlanta airport after closures in Atlantic City and Vegas

Jay Z brought his 40/40 Club to the world's busiest airport on Wednesday, with the opening of the swanky bar's third location.

40/40 is open to ticketed passengers at Hartsfield-Jackson Atlanta International Airport, according to spokeswoman Victoria Hong of Delaware North Companies, which partners with the rap mogul. The sports bar is in the airport's Concourse D concessions area, Hong said.

"We want to have the same type of feel as the regular 40/40 Club," Hong said. "It's the airport version of the 40/40 Club."

Airport concessions director Paul Brown said there are plans to create a VIP lounge area of the club, separate from the sports bar — at 1,500 square feet — on a different floor. The lounge is expected to open in the late fall, Brown said.

Brown called the lounge a "scaled down" replica of the original club.

40/40 restaurant and lounges also are located in Manhattan and the Barclays Center in Brooklyn. Jay Z also had clubs in Las Vegas and Atlantic City, N.J., but both closed.

The original Manhattan location opened in 2003.

40/40 was named after the rare feat among ballplayers of hitting 40 homers and stealing 40 bases in one season.

THE ASSOCIATED PRESS

As Jay Z raps, he's not a businessman, he's a business, man. GETTY IMAGES

Site to hand over info

Time to rethink renting out your place on Airbnb?

New York's attorney general and the website Airbnb have reached agreement on information disclosures about short-term New York City apartment rentals in a state investigation of illegal hotels.

The agreement requires Airbnb to provide investigators with information about city apartment listings within 51 days, with renters and properties identified only by assigned numbers. After the attorney general's investigators review that information, Airbnb will provide user names, apartment numbers and tax identification numbers about those suspected of breaking the law requested within the following year.

THE ASSOCIATED PRESS

True cost

Feds try to make fuzzy flying fees clearer in the U.S.

Going to bat for confused passengers, the U.S. government is proposing that airlines be required to disclose fees for basic items like checked bags, assigned seats and carry-on bags so consumers know the true cost of flying.

Under new regulations proposed Wednesday by the Transportation Department, detailed fee information — including for a first and second checked bag — would have to be provided wherever passengers buy tickets, whether online, on the phone or in person. Any frequent-flier privileges would also be factored into the price.

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Database compromised

eBay asks users to change passwords after cyberattack

E-commerce site eBay is asking users to change their password after a cyberattack compromised a database containing encrypted passwords.

The company says there is no evidence of any unauthorized activity and no evidence any financial or credit card information was stolen.

eBay says its investigation is active and it can't comment on the specific number of accounts affected, but says the number could be large, so it is asking all users to change their passwords. eBay had 145 million active users at the end of the first quarter.

Cyberattackers stole a small number of employee log-in credentials that gave access to eBay's corporate network, the company said. The San Jose, California-based company is working with law enforcement to investigate the attack.

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Market Minute

DOLLAR 91.62¢ (-0.13¢)

TSX 14,649.86 (+124.67)

OIL $104.07 US (+$1.74)

GOLD $1,288.10 US (-$6.50)

Natural gas: $4.48 US (-$0.06)
Dow Jones: 16,533.06 (+ 158.75)

New etiquette rules for new world

Don't know what to do when you butt-dial the entire office?

No need to fret: the family of the late, great Emily Post has just released a third edition of The Etiquette Advantage in Business. Lizzie Post, the great-great-granddaughter of Emily, said an update was needed to take into account the explosion in social media and digital communications, along with a more casual work environment in many fields.

When you make a mistake, 'fess up. Post recalled a recent radio show call-in question that went something like this: "'I butt-dialled all of my business contacts while on a 10-hour hike over the weekend. What do I do and is there a term other than butt-dial that I can use?' We say purse- or pocket-dial work, too, and apologize immediately using whatever communication you usually use for each contact."

Generally, she said, avoid the urge to get all loosey-goosey. Use email, private message, text and voice mail very, very carefully.

"Unless you would feel comfortable posting it on a bulletin board in your town or screaming it to everybody that you know, don't do it," said Lizzie.

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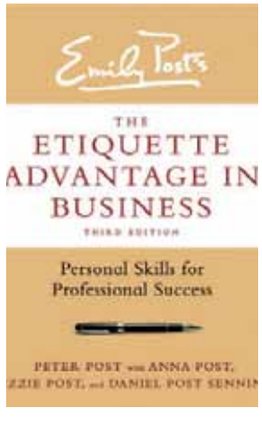
The family business

Etiquette expert extraordinaire Emily Post died in 1960, but her family has carried on her love of good manners through the Emily Post Institute in Burlington, Vermont. The latest from the Posts is a third edition of The Etiquette Advantage in Business.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DRESSING FOR BACHELORS 101

HE SAYS

John Mazerolle
metronews.ca

Clothes make the man, wouldn't you agree?

When I met my girlfriend, I worried I'd no longer be able to write about my favourite topic: bachelorhood. But I always understood deep down that bachelorhood is not about your relationship status. It's about living a lifestyle that leads acquaintances to assume you live in the woods, possibly with wolves.

If you eat Mini-Wheats directly from the box for "dinner," wash the dishes by whacking them against a hard surface or, yes, dress like you found your clothes in the dumpster outside the Goodwill, then you get to keep the bachelorhood union card.

My wardrobe keeps me rooted in the comfortable environs of bachelorhood, girlfriend or no.

I'm not what you would call fashion-forward, or even fashion-sideways, but I dress pretty well.

I mean, if there's a tie involved I can't. And if my back's acting up then putting socks on requires a repeated fishing motion until I "catch" the sock on my big toe. And I find it hard to work buttons while I'm looking in the mirror.

But when my girlfriend and I went shopping for jeans this week, my contribution was pulling them on, so I definitely dress pretty well. Usually.

Despite these wardrobe malfunctions, I still have the bachelor clothing itself down to a science. Observe with these tip-top tips:

How to be a fash-ist: Clothing for bachelors

Be fashionable in bulk: The worst part about clothes is that you have to buy them. One of the reasons I've managed to keep slim over the years is that when my jeans start to get tight in the waist, I lose weight. Self-discipline? No. I'd simply rather diet and exercise for three months than shop for 45 minutes.

So, if you try on something you like, make a beeline back to the table it came from and buy it in every colour available. Also buy larger sizes for when you gain weight and smaller sizes for when you're old and frail.

If anyone notices you're wearing the same pattern day after day, it means they like you. Go for it.

Dress outside the box: Say you only have one black button-up shirt that you've worn for at least 10 years and which gets used for every semi-formal event, from wedding to funeral to job interview for newspaper columnist. Hypothetically.

If that sounds like you, your wardrobe probably seems a little spare. But wait! Did you know you can wear that shirt unbuttoned OR buttoned? Tucked OR untucked? Clean OR dirty? Suddenly one shirt is an entire wardrobe! The possible combinations are literally six!

Out-wait your clothes: I find it's best to wear clothes until the last possible moment of their life. Your jeans should moult off your body as you buy a new pair.

And do you have dirty clothes lying about that fail the smell test? If you let old laundry sit long enough, it will eventually pass the little-used smell re-test. Everybody loves a redemption story.

I hope you find these fashion tips useful. It's not about the look, it's about the attitude. The clothes make the man.

Or put another way, I wear the pants in my relationship. Whichever pair she chooses.

ZOOM

Croaking in the rain

This tiny frog shows even amphibians don't like getting wet sometimes by turning a leaf into a makeshift umbrella. MUHAMMAD RIDHA/SOLENT NEWS

Shelter from the storm

This green frog took shelter under a tropical plant to escape the shower in his jungle abode. Photographer Muhammad Ridha, 27, spotted the creature trying to dodge the raindrops while out for a walk near his home in Borneo, Indonesia. MWN

Photog's view

"When the frog saw me watching him, he stayed quiet but just carried on with his funny behaviour."

Muhammad Ridha

Picture proves worth the wait

Ridha stayed for half an hour to capture the image of the human-mimicking amphibian using his 50-mm lens. "I have never seen anything like this before so (I) decided to wait for that perfect moment," he said. "By great coincidence, I was there to see the frog holding onto the leaf stem like a person would clutch the handle of an umbrella." MWN

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Worth mentioning

Not-so-happy times for dancing Iranians

Pharrell Williams GETTY IMAGES

An Internet video of six young Iranian men and women dancing to Pharrell Williams' Happy has led to their arrests, showing how far Tehran will go to halt what it deems to be decadent western behaviour — despite the views of its moderate president.

Criticism outside Iran was predictably swift Wednesday, with calls for freedom for the jailed youths zipping around social media. Williams tweeted: "It's beyond sad these kids were arrested for trying to spread happiness."

A tweet posted Wednesday evening on President Hassan Rouhani's account seemed to address the controversy, even if it stopped short of mentioning the video or the arrests directly.

"#Happiness is our people's right," it said. "We shouldn't be too hard on behaviours caused by joy."

Other social-media posts suggested at least some of the dancers had already been released, though there was no independent confirmation from authorities.

The case was another reminder of the tensions that exist at the highest levels of Iranian power, with hard-liners determined to maintain the status quo while moderates try to push through change — be it improved relations with the West or a loosening of morality clampdowns at home.

Hard-liners are increasingly challenging Rouhani as the country negotiates a nuclear deal with world powers. The president campaigned for greater cultural and social freedoms in his bid to succeeded Mahmoud Ahmadinejad last year.

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Artist Mandy Stobo has more to offer than a few Bad Portraits

Painter, teacher.
Those buzzed-about caricatures are just the start — album covers, beer packs and students are also benefiting from Stobo's artistic talents

BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

For Mandy Stobo, art is more than just a way to make a living.

It has also helped the 31-year-old Calgary artist deal with traumatic experiences in her life.

"It's been so important to me," says Stobo, who suffered abuse as a child and was forced to work in a brothel for several weeks after being kidnapped in Cambodia when she was 20.

"I'm always trying to bring love and joy into my work. I like being able to have such a consistent outlet and be connected to people."

Although her contemporary abstract work is regularly shown in galleries, Stobo has become best known for her Bad Portraits Project, which she started three years ago.

The success of the project isn't surprising considering the amount of work Stobo has put into it since the beginning.

In addition to setting up shop at various art markets around town, she took to social media sites such as Twitter and Facebook to create a buzz about her bright, stylized watercolour portraits.

"People are always changing their profile photo, so I started stealing them and sending them back to people," she explains.

"And they started talking about it in their little communities and spreading the word."

Stobo even caught the eye of several celebrities, including comedian Louis C.K., actor Gary Busey, TV host George Stroumboulopoulos and foul-mouthed chef Gordon Ramsay, all of whom purchased their Bad Portraits after she sent them tweets.

"There's something weird about (the portraits,) but there's an energy that comes out in them," she says.

"Some people are taken aback when they first see it. But as they spend time with it, they always come back saying, 'Thank you so much.' It pulls out their energy."

Stobo's unique work can be seen on the cover of Jann Arden's album, Everything Almost, as well as on boxes of Village Brewery's Village Square variety packs.

Recently, Stobo partnered with the Alberta Foundation for the Arts to teach students how to make their own Bad Portraits.

"It's the most rewarding thing I've ever done," she says.

Calgary artist Mandy Stobo has found comfort and inspiration in her successful Bad Portraits art project, which counts Mayor Nenshi as a fan. CONTRIBUTED

"You see the kids discovering that it's OK to paint outside the lines, and it's cool to see their brains switch like that."

Stobo was to discuss both art and her struggle with post-traumatic stress disorder at PechaKucha Night at the Plaza Theatre Monday, but had to cancel due to a sinus infection.

Scuba Nenshi!

Following last year's flood, Stobo created Scuba Nenshi T-shirts, which sold for $20 each.

- She figured she would get 2,000 orders, but ended up selling 60,000, raising big money for the Red Cross.
- **For more information on Mandy Stobo or to order your own Bad Portrait, go to mandystobo.com or badportraitproject.com.**

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Angelina Jolie gets her evil on as the titular character in Disney's Maleficent.
DISNEY ENTERPRISES, INC., GREG WILLIAMS/THE ASSOCIATED PRESS

Onscreen anti-hero, real-life heroine

Maleficent. Angelina Jolie speaks out about the kidnapping of the Nigerian schoolgirls, refugees in Syria, and her double mastectomy

Angelina Jolie may be Hollywood royalty, but she's no princess, and has never been a fan of the Disney variety.

"I found them quite dull," the actress says.

Evil Maleficent, whom Jolie portrays in Disney's new live-action spin on its animated classic Sleeping Beauty, conversely "seemed to be having a great time," Jolie said.

"(Maleficent) is kind of an anti-hero for the odd man out," Jolie continued. "And, when she feels abused, or when somebody hurts her, she then says, 'Oh, all right. You're going to mess with me? Watch me.'"

In a recent interview to promote Maleficent, which opens May 30, the conversation veered to the celebrities at the Cannes film festival campaigning for the return of the Nigerian schoolgirls kidnapped by Islamic extremist group Boko Haram.

"We need to go after (Boko Haram), arrest them, and they need to face justice," said Jolie, who is known for her worldwide humanitarian efforts.

She added, however, that the media shouldn't be myopic, but instead continue to report on the array of world horrors, including the continuing plight of millions of refugees suffering in Syria.

Last week marked the one-year anniversary of Jolie's disclosure that she was having a double mastectomy because she carries a genetic mutation that greatly increases her risk of potentially fatal breast cancer. "(I'm) very happy that other women now know that they have that choice," she commented.

Jolie's next film is her big-budget directorial debut, Unbroken. She previously directed the modest 2011 Bosnian war drama In the Land of Blood and Honey and the 2007 documentary A Place in Time, which chronicled 49 simultaneous moments around the world.

Arriving this Christmas, Unbroken chronicles the life of Louis Zamperini, an Olympic runner who was taken prisoner by Japanese forces during World War II.

"It looks beautiful," Jolie said. "It's such a ... it's big," she added, with an exasperated laugh.

"So, we're just trying to kind of wrestle it in to the best version of itself."

THE ASSOCIATED PRESS

Mission accomplished

"(I'm) very happy that other women now know that they have that choice."

Angeline Jolie, speaking about the repercussions of her disclosure a year ago that she was having a double mastectomy

A smile from mouse ear to mouse ear.

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See that symbol? It means you can scan the photo below with your Metro News app. John Turturro and Sofia Vergara go for a spin.

John Turturro gets all the attention

Fading Gigolo. The actor-director plays a high-end escort, directs Woody Allen in new film

NED EHRBAR
Metro World News in Hollywood

At first glance, the attention-grabbing part of John Turturro's latest film as an actor and director, Fading Gigolo, is that it's about a mild-mannered flower salesman (Turturro) who ends up getting pimped out by an older pal (Woody Allen) to service high-end female clients (played by the likes of Sharon Stone and Sofia Vergara). But hidden under that comic shell is a poignant look at the dying mom-and-pop store culture of New York City.

There's an impressive warmth to the cinematography in this.
That's because we shot it on film. We tested film and digital, and we decided that film was more flattering to all the ladies. It's just softer. It creates a world of the film, like when you see a beautiful photograph or a painting and it's kind of evocative, it's something you can be invited into. And I chose a lot of very hard places to shoot in because they were all so small, so tiny. And listen, to get Woody out of khaki pants? Come on.

How did you do that?
I said, "Woody, that's not in my colour scheme." After being involved with the project for a couple of years and working in the theatre together, he was like, "OK."

I even got a ski cap on him. I mean, he's in a black jacket. He looks great!

Woody doesn't often act for other directors.
No. He likes me, I wrote the script, he gave me feedback on it, I revised it, we worked in the theatre together. So that's a two-year process of what you're seeing. In a way, Woody encouraging me and pushing me to make it deeper and whatever is kind of like the dynamic in the movie.

John Turturro stars in his latest film, Fading Gigolo. CONTRIBUTED

When I directed these plays, Woody would tell me, "Everything is great. Just don't f--- it up."

Your film takes place in a world that's disappearing: small, independent NYC shops.
Theses places are going. It's easy to be nostalgic about stuff, but there is a loss when there's less individuality and it's all the same. Go into a Starbucks, everyone's alone. I'm an investor in my bookstore in Park Slope because I like to be able to go to a bookstore that's not a chain. I don't like things that are too big, like supermarkets. They scare me. I just feel like that's not the way it's supposed to be.

Have the Coen Brothers been in touch with you about the Barton Fink sequel?
They're waiting for me to get really old, yeah.

They said it might be time. How does that make you feel?
Well, I'm ready for whatever they want to do. They want to grey me up, that's fine. Obviously with them I would do whatever. They're really some of my closer friends in the business and just in general.

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It's like music to our ears: Much Music Video Award noms announced

Lorde, nominated for two awards, will be performing at the MMVAs.

MMVAs. Drake and Hedley are in the lead with six nominations each, while Pharell scores a nomination for the first time

Toronto rapper Drake and West Coast rockers Hedley lead the way with six nominations each for the 2014 Much Music Video Awards, to be handed out June 15.

Vancouver hip-hop artist SonReal is next with five nominations while indie ensemble Arcade Fire and alternative R&B artist The Weeknd scored four nominations each.

Both previously announced performers Imagine Dragons and Lorde have two MMVA nominations each. Additional first-time nominees include music innovator Pharrell Williams; Australian boy band 5 Seconds of Summer; plus Canadian artists July Talk, Keys N Krates, MAGIC! and Thugli. Reality stars Kendall and Kylie Jenner were named last week as the hosts of the award ceremony.

The 25th anniversary of the MMVAs will air at 9 p.m. ET on Much, CTV, and CTV GO.

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West Coast rockers Hedley are nominated for six MMVAs. ALL PHOTOS GETTY IMAGES

Toronto rap superstar Drake is nominated for six Much Music Video Awards.

A few of the nominees

Dance Video Of The Year
- A Tribe Called Red feat. Northern Voice (Sisters, director Jon Riera)
- Autoerotique (Asphyxiation, director Amos LeBlanc)
- Chromeo feat. Toro Y Moi (Come Alive, director Alex Southam)
- Keys N Krates (Dum Dee Dum, director Amos LeBlanc)
- Thugli (Run This, directors Amos LeBlanc and Ohji Inoue)

Video Of The Year
- Arcade Fire (Afterlife, director Emily Kai Bock)
- Drake (Worst Behavior, directors Director X and Drake)
- Hedley (Anything, director John JP Poliquin)
- SonReal (Everywhere We Go, director Peter Huang)
- The Weeknd feat. Drake (Live For, director Sam Pilling)

Pop Video Of The Year
- Down With Webster (Chills, director Aaron A)
- Hedley (Anything, director: John JP Poliquin)
- Mia Martina feat. Dev (La La/Danse, director Michael Maxxis)
- Serena Ryder (What I Wouldn't Do, director Frank Guidoccio)
- Tegan and Sara (Goodbye, Goodbye, director Natalie Rae Robison

International Video Of The Year – Group
- 5 Seconds of Summer (She Looks So Perfect, director Frank Borin)
- Daft Punk feat. Pharrell Williams (Lose Yourself To Dance, directors Paul Hahn, Guy-Manuel de Homem-Christo, Warren Fu and Cédric Hervet)
- Disclosure feat. Sam Smith (Latch, directors Ben Murray and Ross McDowell)
- Foster The People (Coming Of Age, directors Kyle Wightman and Alex Lee)
- Imagine Dragons (Demons, director Isaac Halasima)
- Kings Of Leon (Supersoaker, director W.I.Z.)
- Macklemore & Ryan Lewis feat. ScHoolboy Q & Hollis Title (White Walls, directors Ryan Lewis and Macklemore)
- Maroon 5 (Love Somebody, director Rich Lee)
- Mumford & Sons (Hopeless Wanderer, director Sam Jones)
- One Direction (Story Of My Life, director Ben Winston)

Julianne Moore's 'shallow actress' a hit in Cannes

Maps to the Stars. Her character in the new Cronenberg flick is delightfully vain, but Moore is anything but

One of the great pleasures of this year's Cannes Film Festival has been a momentary close-up on Julianne Moore's face in David Cronenberg's Maps to the Stars.

It comes when her character, a desperate and superficial actress, learns that the role she covets has opened up because her rival's young son has died. A flicker of utter glee flits over Moore's face so quickly and subtly before it's replaced by a mask of insincere sorrow. It takes a great actress like Moore to play one as shallow as Havana Segrand.

Moore's performance in Maps to the Stars has been one of the most acclaimed at the Cannes Film Festival, where Cronenberg's gloriously dark satire of an incestuous, cynical Hollywood premiered earlier in the week. Written by Bruce Wagner and starring Mia Wasikowska, John Cusack and Robert Pattinson, the film features cutthroat movie business insiders and celebrity-obsessed aspirants in Los Angeles who are, as Cronenberg said, "desperate to exist."

"She's very touching to me," Moore said of her character in an interview. "She's such a lost soul, terribly adolescent at best. Her desire to be seen and to be acknowledged and to be validated — all of that externalization of her inner need is kind of heartbreaking."

The irony is that Moore could hardly be more different than her character. For decades now, the 53-year-old actress has been an ever-shifting, scarlet-haired force of naturalism. Though her range across films like Short Cuts, The Big Lebowski, Boogie Nights and The Kids Are All Right varies widely, Moore has always been an actress whose art is her apparent effortlessness. Plus, she has one of the best laughs in show business: a head-thrown-back, squinty-eyed, totally infectious cackle.

Does she grant that she's more level-headed than her character?

"I think so. I hope so," says Moore. "You have to have a fairly realistic assessment of who you are, what your abilities are and where you are in your career and your age. Hopefully I've never been that extreme."

Cronenberg first reached out to Moore about the role seven years ago, but it was only last year that he got the production together. Moore also stars in the upcoming two-part Mockingjay that concludes the Hunger Games franchise.

"There are plenty of times where I've looked at stuff and gone, like, 'I can't do that,'" says Moore. "I don't look at things and feel like, 'I can do everything.' I can't. But if I have a connection and a response to it, I tend to be aware of what I'm capable and what I'm not."

THE ASSOCIATED PRESS

That's show business

Moore lives in New York with her husband and two children, but she doesn't dislike Los Angeles, where she once lived:

"It's fine, there's just a lot of business there," she says. "I love the movie business because it gives us the chance to explore all these kind of basic human conditions," she says. "What is the real part? What is the fake part? To have an opportunity in your job to do that kind of stuff is lucky."

Julianne Moore shines in David Cronenberg's Maps to the Stars CONTRIBUTED

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lea Michele ALL PHOTOS GETTY IMAGES

Rachel and Mr. Schue?! Lea Michele admits to once dating Matthew Morrison

Lea Michele is changing her tune when it comes to her past with Glee co-star Matthew Morrison, but that's what happens when you have a book to sell. Back in 2010, stories cropped up about how the two had dated briefly before joining the hit musical series, but both vehemently denied them. "He's been a friend of mine from New York. People are going to make things up. I think it's just because we really are so close," she told Hollywood.com at the time. But now? In her new book, Brunette Ambition, Michele recounts, "When we shot the pilot, I met Cory Monteith, Kevin McHale, Amber Riley and Chris Colfer for the first time. I had worked on Broadway with Jenna Ushkowitz and Matthew Morrison before. Matt had been a friend of mine for years, and in fact we'd actually dated back in the day." Glad we got that cleared up.

The Word

Khloe and Kourtney are suing a klown

MELINDA TAUB
Metro World News

Khloe and Kourtney Kardashian are pressing criminal charges against a Los Angeles man for criminal battery. Sounds serious, until you find out that what he battered them with was confetti.

The sisters were walking on Melrose in Los Angeles when local street performer Richie the Barber, who was riding his unicycle nearby, spotted them. The clown hurried over and showered them with confetti, according to TMZ.

The two sisters were not amused. They immediately filed a police report, which the police reportedly ignored as frivolous. However, Khloe and Kourtney followed up several days later, indicating that they planned to press charges.

Police then asked Richie the Barber if he intended to harm the women. He said no, according to TMZ: The confetti was meant to congratulate them on their success.

Let's hope Kim and Kanye don't have rice thrown at their wedding — Kim's sisters might have them arrested for attempted murder with a deadly weapon.

Twitter

@JuddApatow
People who love tattoos must get so bummed when they run out of room to add new ones. That would drive me crazy. I am a hoarder.

@JohnStamos
Perhaps i'm not so irrelevant

@SarahKSilverman
Even after getting punched in the face with a smell I still think "I love you New York"

Jennifer Aniston

Jen wants to shed 10 pounds to be Picture Perfect for her wedding

Not that anyone would say Jennifer Aniston is out of shape, but a rather catty source close to the former Friends star insists that Aniston is looking to shed an extra 10 pounds before tying the knot with fiancé Justin Theroux. "No way is Jen getting married at this weight. She'll lose another 10 pounds before she'll walk down the aisle," the source tells Radar Online. "Jen's besties, including Chelsea Handler and Courteney Cox, have been informed of Jen's weight loss plan and support it — which sounds terrible, but is absolutely how Jen operates among her peer group."

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Want to drool over David a little more? Scan this photo with your Metro News app to see a photo montage of Beckham's previous H&M campaigns.

LIFE 3

PLUS HOMES

Beaching it like Beckham

Let's talk trunks. The ex-footballer takes a dip into swimwear in latest collaboration with H&M.

RICHARD PECKETT
Metro World News

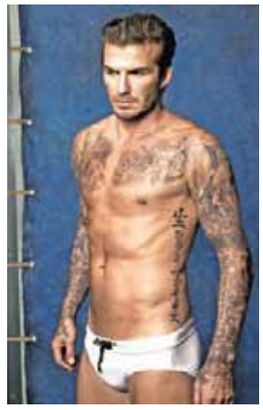
If you only knew of David Beckham's existence through billboard posters, you'd swear that the man lives his life in tiny trunks. The 39-year-old's latest collaboration with Swedish retail chain H&M does little to dismiss that image. This time the tattooed body beautiful is launching, in his words, "a simple, old Bond movie-inspired" swimwear range of board shorts, trunks and swim shorts as part of David Beckham Bodywear for H&M. It's at a rooftop open-air swimming pool with gushing girls and water fountains that 'Goldenballs' reveals his designs that will hit stores globally today. Metro chats to Becks about stripping down, movie cameos and why tighty whities are his trunk of choice.

You've worn many different styles of swimwear over the years but which is your preferred cut?
I've kind of always gone for the tighter, smaller swimwear, personally. I'm sure there's gonna be a point where I'm not going to like it as much. But at the moment and from a very young age I've always gone for the tighter smaller white ones. One of my first actual holidays with Victoria — we'd only been together for about eight months — I remember wearing a tight Gucci pair, which was quite daring but I was obviously trying to get her attention. I wouldn't wear the smaller tighter ones walking down the beach with my kids. They'd be embarrassed.

Speaking of embarrassment, how do your boys feel about you wearing such a revealing style? Have you achieved embarrassing dad status?
(Chortles) They do give me the embarrassing dad look when they walk past a billboard of myself. My mum does exactly the same. She will call up and say, "I've just walked past a huge billboard of you in your underwear." The boys are used to it now. The boys will kind of actually take selfies of themselves of me and my underwear.

You have to stay in great shape for these campaigns. Don't you ever want to just kick back with a beer?
Yeah, I do that anyway. I just have to make sure I work out in the morning after. To be honest, I actually don't really work out every single day. I always take the boys and Harper to school. Trying to find time to work out during the day is difficult.

For how many more years are you going to keep stripping down?
Not many more. I'm not trying to get away from that, but obviously I'm 39 years old now and I don't think people want to see me in my underwear beyond this age. I'm still comfortable doing it but there will be a point pretty soon that I'll hang my underwear up.



Spice up your swim

"One of my first actual holidays with Victoria — we'd only been together for about eight months — I remember wearing a tight Gucci pair, which was quite daring but I was obviously trying to get her attention."
David Beckham on his swimwear choices

Once you've hung up your underwear, are you going to move into acting? Maybe a cameo in a Bond movie?
Umm, no. I never wanted to go into acting in any kind of way. I've dipped in and I've dipped out. I've enjoyed doing certain things and when I've done it, it's always been done pretty well. I've been working with great directors like Guy Ritchie. But acting has never been something that I've kind of wanted to go into. But you never know, you never know.

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In Paris, saying 'oui' to tartare is a must

Steak Tartare. This bistro favourite is authentically Parisian

"Burgers are storming Paris at the moment — hélas! — and everyone eats them with a knife and fork," writes Laura Calder in her book Paris Express. "But steak tartare remains a bistro favourite, and I prefer it hands down, as long as it's a good one, which, quite frankly, is a rare find (no pun intended).

"To make your own, be sure to get the meat from a reputable butcher and let him know you'll be serving it raw. A bit of fresh horseradish grated over the final product is classic. The contrasting crunch of thin slices of lightly toasted olive-oil-rubbed baguette are de rigueur with this, unless you're going to play bistro yourself and serve it with crisp french fries."

This recipe serves four. PHOTOS ANCUȚA IORDĂCHESCU © 2014

Ingredients

- 8 oz (225 g) rib-eye steak
- 1/2 shallot, minced
- 2 anchovies, rinsed and chopped
- 1 raw egg yolk (or 1 tsp mayo)
- A handful of chopped fresh parsley
- 1 tbsp chopped cornichons
- 1 tsp chopped capers
- 2 tsp Dijon mustard
- 2 tsp Worcestershire sauce
- 2 tsp Cognac (optional)
- Few drops hot pepper sauce
- Salt and pepper
- A squeeze of lemon juice
- A handful of micro-greens, for garnish
- Olive oil

1. Make this dish just before serving.

2. If you haven't had the butcher mince the meat for you, put it in the freezer for about 30 minutes to make it easier to cut, then mince it very, very finely with a knife.

3. In a bowl, mix the shallot, anchovies, egg yolk, parsley, cornichons (gherkins), capers, mustard, Worcestershire sauce, Cognac (if using), and hot pepper sauce. Add meat and mix well. Season with salt, pepper, and lemon juice. Shape into 4 patties and arrange on plates.

4. For garnish, dress a handful of micro-greens very lightly with olive oil, lemon juice, and salt and pepper. Set a pinch on top of each tartare shape and serve.

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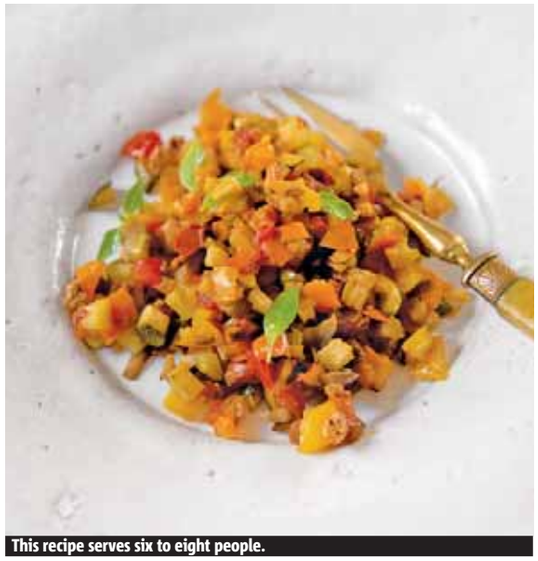
Ratatouille so good you'll want to throw confetti

"Confetti-like sparkles of tomato and warm-coloured peppers make this roasted take on ratatouille different from the average chunky, soupy mix," writes Laura Calder in Paris Express. "It's excellent as a base for grilled fish or even for a poached or fried egg."

1. Heat the oven to 400 F (200 C). Toss all the ingredients together — except the olives and basil — and spread in a single layer on a baking sheet (or 2 smaller baking sheets, depending on their size).

2. Bake, stirring once or twice, until tender, 20 to 25 minutes. Stir through the olives and basil and transfer to a serving dish.

3. Serve warm or at room temperature.



This recipe serves six to eight people.

Ingredients

- 1 orange pepper, finely diced
- 1 yellow pepper, finely diced
- 2 small zucchini, finely diced
- 2 small eggplants, finely diced
- 3 to 4 medium tomatoes, seeded and finely diced
- 3 garlic cloves, minced
- 1/4 cup (60 ml) olive oil, more as needed
- Salt and pepper
- A handful of sliced pitted black olives
- A large handful of shredded fresh basil leaves

Cookbook of the Week

Paris state of mind

Paris is known for its whimsical tourist attractions, romantic backdrops and indulgent food. In Paris Express: Simple Food from the City of Style, Laura Calder demystifies the idea that Parisian bites are technical and tedious. With photos of both dishes and city scenes as well as about 120 recipes, Calder helps readers to build their Parisian kitchen repertoire through tips. Recipes include Veal Fricassée with Mushrooms, Red Onion Tart, Raspberry Clafoutis, and more. METRO

For your phone

The Photo Cookbook – Barbecue Grilling (iPad/iPhone; $3.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This visual collection of 60 step-by-step recipes includes skewers for meat, poultry, and seafood, plus some really inventive veggie choices including stuffed mushrooms, flatbread, and a baked camembert berry compote.

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Pricing in effect Thursday, May 23 to Sunday, May 25, 2014. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. We reserve the right to limit quantities. GST is extra where applicable.

You may not have grass on your front lawn yet, but there's no reason to do without that intense fresh scent and spring colour that we remember from days gone by. These grass-inspired items give you all the green without the need for a lawn mower

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

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ALL PHOTOS CONTRIBUTED

Fresh-cut candle

The smell of a mowed lawn without the work. Limited edition for Father's Day and burns 125 hours of freshly cut grass scent. $28, Yankee-Candle.ca

Tailor-blade tableware

A lush grass graphic to adorn your tabletop. Euro Ceramica's New Grass 16-piece collection is microwave and dishwasher safe. $90, BedBathAndBeyond.ca

Cultivate grass roots

Grow grasses and herbs year round, no matter what the weather is like outside. Hooks up to water and electric supplies like a dishwasher. $2,200, UrbanCultivator.net

Faux potted

A faux take on potted grasses. Lush everlasting grass in a ceramic planter brings a touch of spring to any room. $14, UrbanBarn.com

A sod spot for critters

A place for your dog or cat that replicates the great outdoors. Paws Life potty locks in liquid pet waste and controls odours for up to seven days; a great option for indoors or on the balcony. $33, BedBath&Beyond.ca

Dryer pastures

A fresh way to dry the dishes. Boon's 'Grass' Countertop Drying Rack adds a burst of colour to the kitchen. $30, Sears.ca

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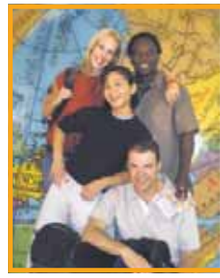
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Find a community garden that fits

Grow together. With plots ranging from large to small, personal to collaborative, there are community gardens to suit most everyone

Community gardens are much more than neighbouring plots. Given enough energy and enthusiasm, they morph into support groups, horticulture classes, swap meets or modest profit centres for low- and fixed-income growers. Small wonder there often is more demand than availability.

Many have waiting lists. In the Los Angeles area, for example, it can be a year or more before people are able to acquire garden plots, said Yvonne Savio of the University of California Cooperative Extension in Los Angeles County.

"Sometimes, people drive clear across town because that's where their plot opened up first," Savio said. "Some people bring their tools with them on the bus."

Locations are advertised in newspapers, on the Internet and on neighbourhood bulletin boards. Sponsors vary from churches to hospitals, municipalities to large corporations.

"One of our gardens is run by five guys from a church," Savio said. "They literally farm. They plant what the parishioners want, then harvest the stuff and bring it to church every Sunday."

One Los Angeles-area hospital subsidizes a serenity garden. "They believe it's healthier for people to be outside in nature rather than stuck in hospital rooms," Savio said. "It's not so much what they harvest as it is the occupational therapists being able to exercise their clients."

Many cities offer grants to help get gardens started, said Bill Dawson, a community garden co-ordinator with the Franklin Park Conservatory and Botanical Gardens in Columbus, Ohio. "They recognize it's an amenity, much like a park. Corporations are doing it, too, as a perk to employees."

A woman prepares planting beds in her personal plot at the South Whidbey Tilth Community Garden near Freeland, Wash. DEAN FOSDICK/THE ASSOCIATED PRESS

Community gardens range in size from a few four-by-10-foot sections to several acres. They are managed either communally — the people in charge decide what needs to be done and when — or left open for individual use. Sites might be offered free, or priced from $5 to $50 and more per season.

"Most gardens set fees because their expenditures in time, transportation (for gathering fertilizer, compost, mulch), water and storage are so high," Savio said.

THE ASSOCIATED PRESS

Before you dig in

Consider these elements of community gardening before signing up:

- **Know what you're buying into.** Many people join simply to work on their own in personal plots. Communal gardening, however, is a commitment — a chance to interact and share cultures with others, Dawson said. Be open to teaching or learning.
- **Embrace giving.** Part of the harvest often is donated to food pantries or people in need.
- **Engage in inter-generational gardening.** "Our children come home from school telling us about composting and organic gardening," Dawson said. "The elderly know how to preserve and put things by. Families should learn from each other and enjoy. Share stories."
- **Turn surplus properties into green spaces.** "Haul away the needles and trash and convert the areas into something beautiful and productive," Dawson said.
- **Community gardening prompts families to make healthier food choices.** "They get better at understanding the nutritional value of fresh carrots over fast foods," he said. "And if the kids are growing it, they're eating it."
- **You can sell some or all of what you grow, Dawson said.** "Gardeners can learn marketing skills, while at the same time get some seed money from their gardens."
- **Online: communitygarden.org**

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Baby-proof before you bring home your curious bundle of joy

Look sharp! And high and low to keep babies and toddlers safe from household dangers

Electrical outlets, plugs and cords are dangerous playthings for little ones. ISTOCK

Welcoming a baby into a home is a moment parents look forward to, but it often requires months of preparation, including baby-proofing.

When Jennifer Murphy and her husband David Amodeo brought their new daughter home, they had taken some precautions to increase the safety of their Victoria residence, but Murphy says they largely waited for Sloane, now age one, to become more active before they installed the majority of their baby-proofing.

"Having a toddler and this little person who moved and got into things changed the way I saw my house," says Murphy. "Stairs became super perilous. We lived in a three-storey house, so we needed baby gates everywhere."

Even though Murphy knew baby-proofing her home was necessary for safety, she says many of the materials are expensive and might be out of the price range of some young parents.

The cost of many of the baby-proofing gadgets beyond gates meant that Murphy and Amodeo looked to do-it-yourself options, like rubber bands as cupboard door locks, along with telling Sloane what was safe.

"We have found ourselves doing a bit of baby-proofing as we go, but it depends," says Murphy. "Once Sloane hit a certain age where she could understand what we were saying, we more rely on saying, 'No, not for babies' or 'That's hot.' We try to explain to her to stay away from things, like the fireplace, for example.

"We don't have a big gate around the fireplace because we just tell her to stay away and when she goes near it, we are pretty consistent in telling her, 'No, don't go there,' even if it isn't on." THE CANADIAN PRESS

No kidding around

Preoccupied parents need to play it safe, pro says

David Drutz, owner of Kiddie Proofers in Toronto, says when it comes to safety, there are no alternatives.

"A lot of parents say, 'We don't need a certain aspect of baby-proofing because (we) will watch the baby,' but unlike our parents and especially our grandparents, our generation is so preoccupied," he says.

"We have our BlackBerrys, our iPhones or tablets, the TV, and so on and everyone expects instant responses to texts and calls. We tell parents anything that would bother you, let's start dealing with that."

Drutz says the areas they look at addressing first when it comes to baby- and kiddie-proofing a home is sharp corners and edges and electrical outlets. He also recommends parents install locks on their cupboards and drawers, particularly those in the kitchen where breakables, sharp items and hazardous chemicals are stored, and those in the bathroom that house medicines.

"Some people want to do that, and there are others who say they don't need to lock certain cupboards, but if they want to leave grandma's china on the bottom cabinet, you can't blame the kid for breaking it," he says.

According to Drutz, in this day and age, particularly with parents living in homes with multiple staircases, baby gates are a must.

"I think eventually, at least in Ontario, baby gates will be a law," says Drutz. "You can't smoke in your house when your kid is there, and you can't smoke in your car, so why wouldn't you have a gate on your stairs?" THE CANADIAN PRESS

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ECOBOX MAKES MOVING EASIER

Are you moving within Calgary or vicinity? With a newly expanded inventory of eco-friendly moving boxes, lowered prices and free delivery and pickup, Ecobox is the most affordable, full-service moving box company in the city.

Ecobox makes moving easier with a few easy steps, starting with placing your order by phone or online at ecobox.ca. An online guide helps determine how many two- or four-cubic-foot hand-washed and sanitized boxes you will need for the move — a typical two bedroom apartment usually needs 35 to 50 boxes. After ordering, the eco boxes are delivered to your door (same day delivery is sometimes available), and picked up at the new address with no delivery charge.

"Cardboard only lasts one or two moves, and then what do you do with the boxes?" says Ecobox owner Michael Pauls, who has run the growing company for five years. "People are glad for a solution to the extra waste and mess cardboard boxes bring."

Along with the ultra-durable plastic moving boxes, Pauls offers dolly rentals and eco-friendly supplies for purchase, including packing peanuts, cushion paper, mattress bags, and more.

More than half of Pauls' business comes from residential customers, but a bustling commercial trade also keeps the entrepreneur busy.

"Home or office, we can help people save time and money and minimize the hassle of moving," Pauls says.

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SHUTTERSTOCK

Red Door can help you turn good ideas into profit

For real estate developers and industry insiders, Saskatchewan has become the land of potential growth and opportunity.

"The province's solid economic foundation has allowed unprecedented growth in Saskatchewan, and the real estate market has followed suit," says Jaimey Midtdal, spokesperson for the Red Door Venture Group. "The amount of undeveloped land attracts real estate developers and investors who see a bright future and burgeoning economy."

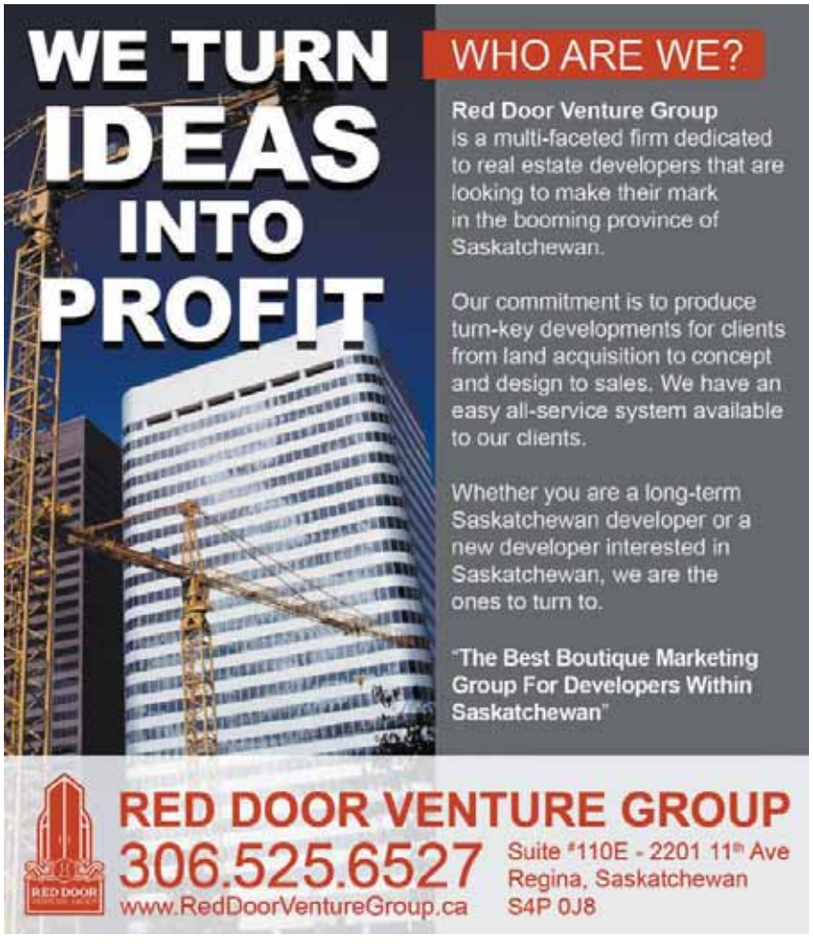
With a vast amount of undeveloped land and Saskatchewan's development potential, the real estate market has opened up to new and innovative opportunities for developers and buyers.

"There is real estate potential as far as the eye can see in Saskatchewan, and investors should be taking advantage of this potential," Midtdal says. "We're proud to be a part of the province's growth."

The Saskatchewan-based real estate marketing company teams up with outstanding local developers to deliver high-quality developments across the province. The Red Door Venture Group works with developers throughout their process, beginning at the land acquisition stage and continuing through to the concept, design, and sales stages.

"We give our customers the tools they need to turn good ideas into profit," Midtdal says.

For more about Red Door Venture Group or to schedule a complimentary consultation, visit RedDoorVentureGroup.ca.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We all know how crazy Calgary's climate can be, which is why it's so important to have a durable roofing product that will be able to withstand the varying weather conditions.

Big Top Roofing & Exteriors general manager David Bellingham only chooses to work with the most durable products and EuroShield roofing is no different. The environmentally friendly rubber roofing has a reputation for superior value, beauty and safety while withstanding the heat, wind, snow, rain and, yes, even hail.

"It's a very durable product that is suitable for the Alberta climate and the constant freeze-thaw cycles we have here. This product is also highly impact resistant so it's able to stand up to the large hail and high winds we sometimes get in Alberta."

He points to a report from the Insurance Bureau of Canada that estimates the major hail storm that hit Calgary in 2013 cost insurers $550 million, which means insurance companies are forced raise premiums to make up for the cost of repairs.

"This product has so many benefits, including reducing the risk of insurance companies, which means lower premiums for everyone."

That's why Bellingham encourages his clients to use hail-resistant products such as the EuroShield rubber roofing product as it speaks to sustainable ownership.

"There are several benefits we associate with using Euroshield Rubber Roofing on the homes of our clients, including durability. This product line boasts one of the highest impact resistance of all roofing products."

Bellingham says it's also a cost-effective product as the return on investment is dollar for dollar.

"Keep in mind this is an upgraded product and is valued as such among builders and realtors alike. It would be like the difference between a granite countertop versus a laminate top. Most people don't have time for roof maintenance — this product is designed to be maintenance-free and look incredible for years to come."

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Big Top Roofing & Exteriors Inc. has been serving Calgary for 17 years. The company is licensed, bonded, insured and has worked diligently to become Calgary's most trusted roofing and exteriors companies. The company's high level of service and high-quality installations include a 10-year workmanship warranty on all work completed by the company.

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Scan the image with your Metro News app to vote on what you think is the most damaging playoff injury in recent memory.

Jake Muzzin of the Los Angeles Kings celebrates his goal with teammates in the third period against the Chicago Blackhawks in Game 2 at United Center on Wednesday in Chicago. JONATHAN DANIEL/GETTY IMAGES

Kings dominate Hawks to tie series

Western final. L.A. the first team to earn 2014 playoff win in Chicago, scoring six straight

Jeff Carter scored three of Los Angeles' six straight goals, and the Kings beat the Chicago Blackhawks 6-2 on Wednesday night to leave the Western Conference final tied at one game apiece.

Drew Doughty and Tyler Toffoli also scored in Los Angeles' five-goal third period as the Kings became the first visiting team to win in Chicago this post-season. The Blackhawks won their first seven home playoff games this year, but the Kings skated right by Chicago after the defending Stanley Cup champions took a 2-0 lead in the second period.

Game 2

Kings	Blackhawks
6	2

Game 3 of the best-of-seven series is Saturday night in Los Angeles.

Nick Leddy and Ben Smith scored for Chicago, and Corey Crawford made 25 saves.

The Blackhawks were in position for their fourth consecutive win before Doughty drove a slap shot by Crawford to tie it at 2 just 1:37 into the third. Carter then had another power-play score at 4:04 that gave Los Angeles the lead.

Tanner Pearson set up goals by Toffoli at 8:59 and Carter at 14:44, and Carter added an empty-netter for his seventh of the playoffs.

THE ASSOCIATED PRESS

With star goalie Carey Price out injured, the Habs will go with Dustin Tokarski for Game 3. THE CANADIAN PRESS

NBA

George concussed, Pacers banged up

The long break between games in the Eastern Conference finals could be welcomed by Indiana, after Pacers guard Paul George was diagnosed Wednesday with a concussion that will force him to complete several NBA-mandated procedures before he can return to the matchup against the Miami Heat.

The series, now tied at a game apiece, doesn't resume until Saturday night.

George was hurt in the fourth quarter of Miami's Game 2 victory. He stole the ball from Dwyane Wade, but wound up tumbling face-first to the court. Wade, also going for the ball, struck the back of George's head with his left knee.

Indiana not only needs to get George cleared but also had starters Lance Stephenson, Roy Hibbert and David West all either limping or ailing in the final minutes of the loss.

THE ASSOCIATED PRESS

CFLPA

CFL rejects players' labour proposal

The CFL reached out directly to its players and fans Wednesday after the latest round of labour talks with the CFL Players' Association hit a snag.

The league announced it had rejected a proposal from the CFLPA and also made its first public declaration on the negotiations, unveiling details of the offer it made on May 15. Commissioner Mark Cohon said the league's offer would boost the average player salary by 12 per cent.

THE CANADIAN PRESS

Dee Webb tackles Toronto Argonauts wide receiver Spencer Watt during a game in Hamilton in September 2012. THE CANADIAN PRESS

Stampeders trades shore up defence

From Hammer to Cowtown. Stamps acquires former Ticat Dee Webb

Quoted

"These players possess considerable experience and provide us with depth in the secondary."

John Hufnagel, coach and general manager

The Calgary Stampeders acquired import defensive back Dee Webb from the Hamilton Tiger-Cats on Wednesday in exchange for a conditional 2015 draft choice.

The Stampeders also signed free-agent veteran import defensive back Lin-J Shell, who most recently played with the B.C. Lions.

"These players possess considerable experience and provide us with depth in the secondary," Stampeders head coach and general manager John Hufnagel said in a release. "We know Dee from his first stint in Calgary and obviously our defensive co-ordinator Rich Stubler is very familiar with Lin-J from their time together in B.C."

Webb originally signed with the Stamps in 2009 and played one game for the team that season. He signed with the Toronto Argonauts in 2011 and was later traded to Hamilton.

In 42 career games, he has 109 tackles, nine special-teams tackles, four interceptions and one fumble recovery.

Shell, meanwhile, has 89 games of CFL experience in five seasons with the Argos and Lions. The two-time East Division all-star (2010, '11) has 280 tackles, 55 special-teams tackles, eight interceptions, two forced fumbles and nine fumble recoveries over his career.

Also Wednesday, the Stampeders released import defensive back Jonathan Hefney and import receiver Tim Hawthorne. The Ticats released defensive back Arthur Hobbs and wide receivers Spencer Armstrong and Jay Diston.

THE CANADIAN PRESS

122-77. Spurs deliver beatdown to Thunder

The San Antonio Spurs are rolling toward a return to the NBA Finals, and the Oklahoma City Thunder look powerless to slow them down.

Tony Parker scored 22 points, Danny Green made seven 3-pointers and added 21, and the Spurs used a dominant third quarter to decimate the Thunder 112-77 on Wednesday night and take a 2-0 lead in the Western Conference finals.

Tim Duncan added 14 points and 12 rebounds, and Manu Ginobili and Boris Diaw had 11 points apiece off the bench in San Antonio's second straight rout.

"We just did our job. We won our first two games at home and I'm sure they're going to go back and say we have to do our job and win two games at home," Parker said, recalling that the Spurs blew a 2-0 lead against the Thunder in the 2012 West finals.

Game 3 is Sunday at Oklahoma City, and the Spurs are trying to remind themselves it probably won't remain this easy.

"Manu said it's a dangerous win but I believe in our group," Green said. "I believe that we have the maturity, the character and the experience to stay focused and not take this win to head."

Russell Westbrook scores over the Spurs' Tim Duncan on Wednesday. THE ASSOCIATED PRESS

Playing without Serge Ibaka and given two days to adjust to dropping Game 1 by 17 points, the Thunder performed worse.

Parker and Green each had eight points in the third quarter as San Antonio outscored Oklahoma City 33-18 in the period.

It was a shocking turn for the Thunder, who started well.

"It definitely doesn't feel good and it shouldn't," Thunder coach Scott Brooks said. "I hope our locker doesn't feel good. You shouldn't feel good. We got our butts kicked. But we have a good opportunity to come back and win Game 3."

THE ASSOCIATED PRESS

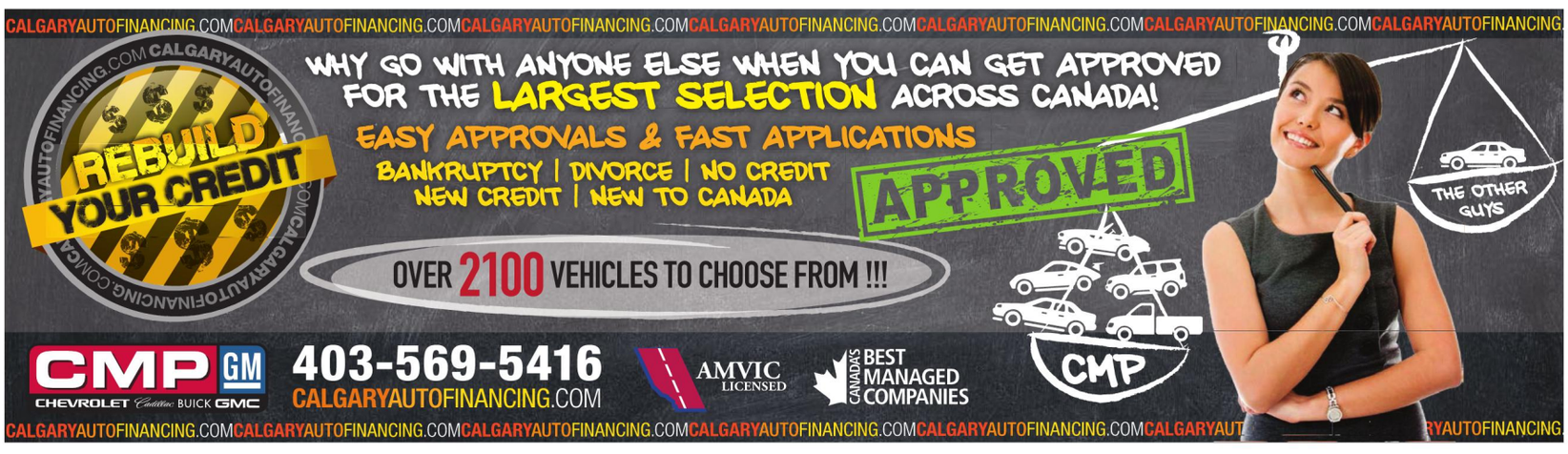
MLB

Jays sock Red Sox

Edwin Encarnacion had two homers for the second straight game, and the Toronto Blue Jays beat Boston 6-4 on Wednesday night to send the Red Sox to their sixth consecutive loss.

Encarnacion has seven homers in his last six games. THE ASSOCIATED PRESS

Edwin Encarnacion hits a second-inning home run on Wednesday in Boston. THE ASSOCIATED PRESS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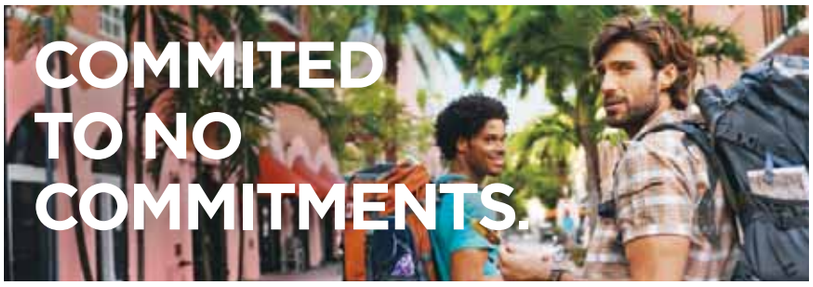
Weather

TODAY	FRIDAY	SATURDAY
MAX: 24° MIN: 9°	MAX: 23° MIN: 11°	MAX: 18° MIN: 9°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
METEOROLOGIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		1		8			9	
					1			
4			7		3		2	
5	8		6			4		
	2						7	
		4			9		5	1
	1		5		4			9
			8					
	3			9		6		

Yesterday's Sudoku

8	7	6	4	5	3	2	1	9
4	5	9	1	2	7	6	3	8
3	2	1	8	6	9	5	7	4
2	4	3	7	8	1	9	6	5
9	8	5	2	3	6	7	4	1
6	1	7	5	9	4	3	8	2
5	3	8	6	4	2	1	9	7
1	9	4	3	7	5	8	2	6
7	6	2	9	1	8	4	5	3

Horoscopes

♈ Aries
March 21 - April 20
You will jump right in and get things done today. Your mind is working fast and your body isn't far behind it, so do what feels right and do it magnificently. You will surprise a few people by what you achieve.

♉ Taurus
April 21 - May 21
Your insight is such that others may wonder if you are psychic. Maybe you are, in a way, but there is nothing supernatural about your aims: you want to be a success and you want to be rich.

♊ Gemini
May 22 - June 21
There is no point making plans because whatever you decide is likely to be overtaken by other events. Just be ready to act when the opportunity arrives and don't be surprised if it's not what you were expecting.

♋ Cancer
June 22 - July 23
There are times when it is best to keep your feelings to yourself but this isn't one of them. You may surprise yourself with the intensity of your emotions over the next 24 hours. You've been keeping too much inside.

♌ Leo
July 24 - Aug. 23
Others will be very happy to do what you ask of them today, so long as they feel that you value their efforts. Say all the right things and push all the right buttons and chances are you won't have to lift a finger yourself!

♍ Virgo
Aug. 24 - Sept. 23
If you want to make an impression on people in positions of power, now is the time. The Sun in the career area of your chart urges you to do something that makes others sit up and take notice.

♎ Libra
Sept. 24 - Oct. 23
You will be on inspired form over the next few days. Every idea you have — and you will have plenty — will be touched by genius in some way. Remember though that ideas mean nothing unless you do something with them.

♏ Scorpio
Oct. 24 - Nov. 22
The planets warn you may fall prey to worries and anxieties that at most others times would not bother you in the slightest. Keep telling yourself that each and every one of them is an illusion. Reality is what YOU want it to be.

♐ Sagittarius
Nov. 23 - Dec. 21
You have been asking some searching questions of yourself of late and today you will discover that the answers you seek are not to be found in your career or in making more money. Listen to your inner voice. It knows what you need.

♑ Capricorn
Dec. 22 - Jan. 20
Don't be afraid to break the rules. You may be a straight up person but sometimes even a Capricorn has to take a shortcut to get where they most want to be. So long as it does not hurt other people, it's not immoral.

♒ Aquarius
Jan. 21 - Feb. 19
You will be on inspired form over the next two or three days. The Sun in Gemini will encourage you to believe that all things are possible and that taking risks is not an option but a necessity. Life is about to get interesting!

♓ Pisces
Feb. 20 - March 20
The solution to a problem that has been causing you sleepless nights will pop into your head today and you will kick yourself mentally for not having seen it sooner. Never mind, now you know what to do — so do it.

SALLY BROMPTON

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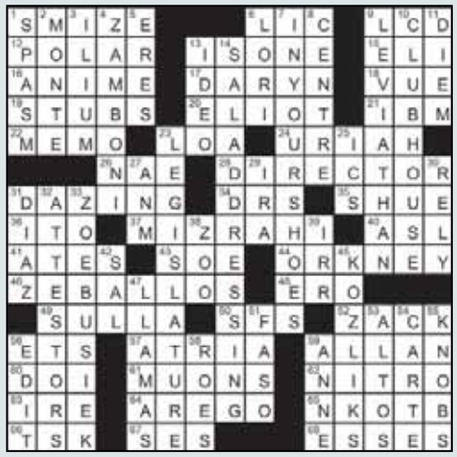
OFFER ENDS SOON

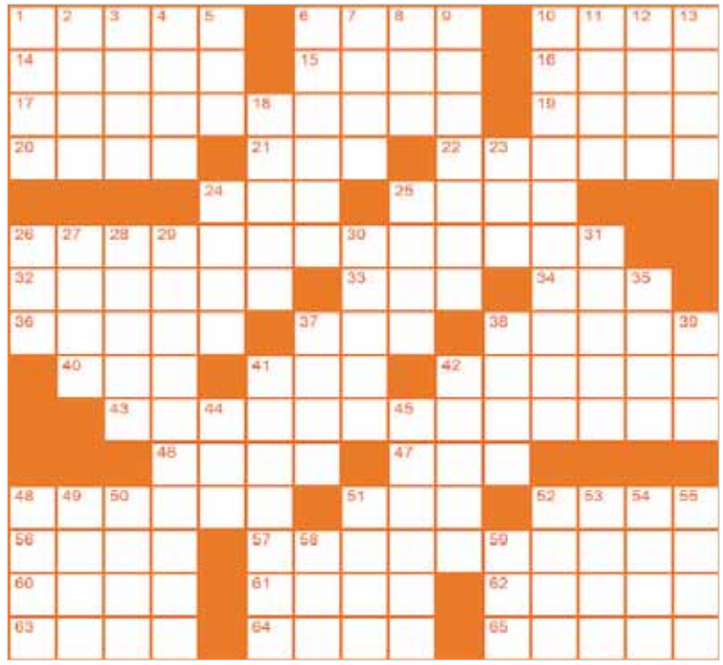
Yesterday's Crossword



Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. April Wine's "Just Between You __ __"
6. Rocker Mr. Gallagher
10. Plug-less network connection
14. Repeat a TV show
15. Lodging of lore
16. Water wader
17. Canadian store for sewing supplies, etc.
19. Robert De __
20. Rihanna/Mikky Ekko song
21. Pencil gradings, commonly
22. Roof-accessing need
24. Flowery souvenir
25. Pants holder-upper
26. Anne Shirley's beloved: 2 wds.
32. Ovid's love poetry collection
33. Concernings, curtly
34. Cheerios stuff, __ fibre
36. Phoney
37. Curtain call maneuver
38. By land __ __
40. Mr. Cage, to pals
41. Trend
42. Avow
43. Canadian Cocktails: Bloody Caesar glass feature: 3 wds.
46. Some streets, shortly
47. __-Medonte (Ontario township)
48. Cooking cover: 2 wds.
51. Brazil: __ Paulo
52. Network VIP
56. Matinee __
57. ISBN = International Standard __ __
60. Place
61. BMW rival
62. Chimney plume
63. Soon, to Shakespeare
64. Gramp's wife
65. Group of six

Down

1. Canine communications!
2. Orderly
3. __ _ bit on, as ointment
4. Muddy duets partners, and namesakes
5. Q. "What show did George Clooney star on?" A. "'_ _', _ believe."
6. Juno-winning Reggae artist, Elaine __'__ Shepherd
7. "__ __ little time..." (The fastest way)
8. Beach Boys' "Barbara __"
9. Strung-together musical blends
10. Southeastern Saskatchewan village
11. In the same place, Latin-style [abbr.]
12. Campsite warmth-giver
13. "I'm not sure if it __ __ not."
18. Sonny Bono's
23. Music: __-Rock
24. Some jeans
25. What the wind did
26. Chatter
27. Bruce Springsteen's "__ __ Fire"
28. Someone smart's specialty
29. Canadian music manager for acts including Bryan Adams and Anne Murray: 2 wds.
30. "Canadian Girls" by Dean __
31. Reliever
35. Ms. Hatcher
37. Drinking spots
38. Nobel Peace Prize city
39. PIN-inputing spot
41. Horse's food-holding thingy
42. Mr. Carter, singer Nick's brother
44. Caesar's 56
45. Absorb all: 2 wds.
48. Tilting Tower
49. Aesir ruler
50. Oz dog
51. Fizzy drink
52. Famous model
53. Gaming console
54. "__! _ spider!"
55. On-the-streets believability, for short
58. "Days of __ Lives"
59. Show-to-seats, shortly

ANSWERS: 1. Kabob is missing; 2. Shirt is a different colour; 3. Map is missing from backpack; 4. Shoes are now orange; 5. Man's beard is removed.

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